



CITY OF
ISSAQUAH
PARKS & RECREATION

YOUTH BASKETBALL



COACHING MANUAL



CITY OF
ISSAQUAH
WASHINGTON

PARKS & RECREATION / COMMUNITY CENTER
301 Rainier Blvd S / P.O. Box 1307
Issaquah, WA 98027-1307
425-837-3300 / Fax: 425-837-3309

Dear Volunteer Coach,

On behalf of the Issaquah Parks and Recreation Department and the Issaquah Park Board, we thank you for your involvement with the Issaquah Youth Basketball Program! This program has been growing steadily since its formation in 1973, and continues to be successful.

This program should be a positive learning experience for the players, coaches, parents and staff. These are the primary objectives of the Issaquah Parks and Recreation Department. Please read and understand the goals of our program, and carry yourself in a manner that is consistent with the spirit of our league.

As a volunteer coach, you are an integral part of our program. Your donation of time, effort, and leadership is much appreciated by our staff and community, and will greatly influence your players and fans. Sports programs are a fantastic way to learn important values of life, and with your guidance we believe everyone will have an exciting and pleasurable season!

Sincerely,

CJ Stanford
Recreation Coordinator
425-837-3388
CJS@issaquahwa.gov

Katie Jones
Recreation Specialist
425-837-3308
katiej@issaquahwa.gov

YOUTH BASKETBALL COACHES' MANUAL

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ISSAQUAH PARKS & RECREATION MISSION STATEMENT

“Provide Greater Issaquah Area residents, especially the youth, with opportunities to participate in diverse recreational, cultural and civic activities.”

Issaquah Parks & Recreation Department’s Goals

- ◆ Provide a place for everyone
- ◆ Strengthen family values
- ◆ Create partnerships
- ◆ Financial balance

YOUTH BASKETBALL PROGRAM PHILOSOPHY

The purpose of the Issaquah Parks & Recreation Youth Basketball Program is to provide a quality experience in basketball emphasizing sportsmanship, teamwork, learning, participation, and fun for area youth.

PROGRAM GOALS

CHARACTER	Teach the players how to win with humility, lose with dignity, and most importantly, respect their opponents and fellow teammates.
TEAMWORK	Every player should feel part of the team. Basketball is a team game in which all players must contribute to have success.
LEARNING	Learn the basic fundamentals, skills, and rules of basketball.
PARTICIPATION	All players will play each game. Stress good effort and doing your best!
FUN	All players, coaches and parents should enjoy the program.
FITNESS	Players can receive good healthy exercise.
COMPETITION	Expose the players to competition in a positive manner.

COACH'S ROLE IN YOUTH SPORTS

As a coach in youth sports, one must assume the responsibility of ensuring that each participant has an enjoyable and safe experience learning basketball. To fulfill these responsibilities, a coach must wear many different hats. Listed below are some prominent roles a coach may take on.

TEACHER	Teach fundamentals, skills, sportsmanship and teamwork in an appropriate manner.
FRIEND	Ensure all players feel accepted. Be open and listen to concerns or problems players may have and offer advice when necessary.
MENTOR	Assume a mentorship role when parent(s) are not available. Listen and express interest in player's well being.
BEHAVIOR MEDIATOR	Establish and enforce rules to govern player's behavior. Reward and correct behaviors fairly for all players.
CHEERLEADER	Choose goals/tasks that are challenging, but attainable, and offer praise to those deserving and offer encouragement to those who do not.

**"There is no
greater gift than that
of a good coach."**

- Bruce Brown
Former College Coach &
Motivational Speaker



COACH'S ETIQUETTE & EXPECTATIONS

One of the major problem areas in youth sports concerns the relationship between the officials, coaches, parents and players. For the most part, the person who controls these relationships is the coach.

It is important that the coach remembers that the game itself belongs to the players. Blaming the officials for a loss or a victory only detracts from the efforts made by the young competitors.

During the game, a coach more than any other person (through his/her actions), can affect the attitudes of fans and players toward officials. If a coach remains under control during adverse situations, the fans and players tend to accept the official's decisions; fans and players generally react and do so based on the coach's actions.

The coach's attitude toward officials during a game will also affect the performance of the players. A coach who is constantly berating officials will soon find his players doing the same. Soon the players become more concerned with the officiating than with performing those skills taught during practice sessions. As a result, players lose the meaning of the game, as well as the concentration it takes to outplay their opponents. Soon this attitude will affect their efforts. This attitude also provides them with a built-in excuse for poor performance.

On the other hand, a coach that accepts questionable calls and retains composure will soon find that the official's decisions will have little bearing on players' attitudes and efforts. Players will respond much like their coach to adverse conditions and will remain under control, concentrating on skills learned and out-performing their opponents. Players' efforts are not minimized but are rewarded. The outcome of the competition depends on the performances of all involved.

This does not mean that you should put up with poor officiating, but that there is time and place to correctly deal with poor officials. There are incompetent officials. There are also competent officials that make mistakes. But there are also incompetent players and coaches.

By openly criticizing and showing displeasure with the official's decision, a coach succeeds in only making the situation worse. If you need to approach an official, do so in a sportsmanlike manner.

DO NOT:

- ◆ charge an official
- ◆ shout at an official
- ◆ gesture wildly at an official

After the game, discuss the situation with the official in a sportsmanlike manner. Maybe you missed something or the official had a different view and saw something different. Or, maybe a rule was not understood or misinterpreted by either you or the official.

Remember, coaches are the primary example for not only the children but the parents as well. Do not attempt to solve a situation with irrational actions. **LEAD BY EXAMPLE.** Coaches should try to maintain control and exhibit sportsmanship allowing the children to learn by example and focus on the positive factors of the athletic experience.

If there is an unsolvable conflict with an individual, please contact CJ Stanford, Recreation Coordinator at 425-837-3388 to discuss the situation.

OTHER EXPECTATIONS

1. Coaches are encouraged to call each player to welcome them to the team and establish a relationship before the first practice. This may reduce any anxiety or fears players may have about being on a new team, or participating in team sports for the first time.
2. Regular practice sessions will be assigned to each team at their local school. Coaches will organize their individual practice sessions.
 - Any practices held outside of the scheduled practice time are unauthorized by the Issaquah Parks & Recreation Department and are the **direct liability of the coach.**
 - Coaches **are not** covered by City of Issaquah insurance while transporting players or parents in private vehicles. (See #5 on Coaches Code of Conduct).
3. No player shall be verbally criticized in a manner that would reflect a poor image of the program. No player shall be physically mishandled by the coaching staff.
5. Sexual harassment of any kind from coaches or players will not be tolerated and should be reported to the Recreation Coordinator.

ISSAQUAH PARKS & RECREATION DEPARTMENT
WINTER YOUTH BASKETBALL PROGRAM
COACHES CODE OF CONDUCT

1. Coaches should have read, and be sure to understand, all the Coach documents provided by the Issaquah Parks & Recreation department; including the “Etiquette & Expectations” sections.
2. Coaches must understand that the Issaquah Parks & Recreation Winter Youth Basketball Program is a recreational league and, as such, will coach his/her team in a manner consistent with the spirit of “basketball is played for fun” for both his/her team and for his/her opponents as well.
3. All players must play at least half of the game; this is to be strictly adhered to. The purpose of these games is to allow all children to participate regardless of ability and to teach sportsmanship above all else. This is not an ability-based competition program.
4. Coaches will show respect for the referee at all times. This is an opportunity to teach our players how to address officials. Coaches are responsible for overseeing the manner in which people in attendance from his/her team address the referee or official. Coaches are also responsible for moderating the behavior of people on their sideline; letting everyone know that there is no (zero) challenging or disrespectful comments/actions directed toward any referee, player, or adult, allowed before, during, or immediately after a game. A coach may not step onto the basketball court without the referee’s permission. Any physical assaults will be reported and within the jurisdiction of the police.
5. It is forbidden and not within the scope of Coach for the Issaquah Parks & Recreation program for any Coach to drive a team player to/from the games (except his/her own children and those of personal friends where it is understood that the Coach is driving as a family friend, but explicitly not within their Coaching authority).
6. Coaches should never touch a player (or any other person at practices or games) in anger. Coaches should also refrain from too much touching – be aware of your gestures. A simple arm around the shoulder is one thing – swatting a player on the behind is another. Absolutely no touching of any private areas (even if covered by clothing) is allowed at any time. A coach will be held solely responsible for any inappropriate touching.
7. Disciplinary action, including banishment from coaching in any further Issaquah Parks & Recreation programs will occur if a coach uses threatening gestures or language, or pushes or strikes any player, coach, referee, or league official.
8. **LYSTEDT LAW (HB 1824) CONCUSSION INFORMATION SHEET ACKNOWLEDGEMENT:** I promise to read and review, until I fully understand, the Concussion Information Sheet to be provided to me in my Coaches Packet by the City of Issaquah Parks and Recreation Department. This information is being supplied to me pursuant to The Lystedt Law HB 1824 because the City of Issaquah is utilizing Issaquah School District property for this program and I must comply with the parameters of how to treat a participant of a head concussion. If I don’t understand the information provided to me, it is my responsibility to ask the Issaquah Parks & Recreation staff for clarification.

PLAYERS CODE OF CONDUCT

1. The Coach will be responsible for overseeing the players (and their parents) adherence to the Issaquah Parks & Recreation department Players Code of Conduct and communicating these to all their team players.
2. Players will show respect for any referee at all times.
3. Players will show respect for any player or coach at all times, and to spectators as well.
4. Players may be banished from playing in future Issaquah Parks & Recreation programs if they make threatening gestures, use threatening language, push or strike any player, coach, referee, league official, or spectator.

HEADS UP: CONCUSSION IN YOUTH SPORTS

A Fact Sheet for COACHES (*in reference to HB 1824 - “The Lystedt Law”*)

THE FACTS

- ♦ A concussion is a **brain injury**.
- ♦ All concussions are **serious**.
- ♦ Concussions can occur **without** loss of consciousness.
- ♦ Concussions can occur **in any sport**.
- ♦ Recognition and proper management of concussions when they first occur can help prevent further injury or even death.

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

The potential for concussions is greatest in athletic environments where collisions are common.¹ Concussions can occur, however, in **any** organized or unorganized sport or recreational activity. As many as 3.8 million sports- and recreation-related concussions occur in the United States each year.²

RECOGNIZING A POSSIBLE CONCUSSION

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in a rapid movement of the head.
- and-
2. Any change in the athlete’s behavior, thinking, or physical functioning. (See the signs and symptoms of concussion.)

SIGNS & SYMPTOMS

SIGNS OBSERVED BY COACHING STAFF (*adapted from Lovell et al. 2004*)

- ♦ Appears dazed or stunned
- ♦ Is confused about assignment or position
- ♦ Forgets sports plays
- ♦ Is unsure of game, score, or opponent
- ♦ Moves clumsily
- ♦ Answers questions slowly
- ♦ Loses consciousness (even briefly)
- ♦ Shows behavior or personality changes
- ♦ Can’t recall events prior to hit or fall
- ♦ Can’t recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE (*adapted from Lovell et al. 2004*)

- ♦ Headache or “pressure” in head
- ♦ Nausea or vomiting
- ♦ Balance problems or dizziness
- ♦ Double or blurry vision
- ♦ Sensitivity to light
- ♦ Sensitivity to noise
- ♦ Feeling sluggish, hazy, foggy, or groggy
- ♦ Concentration or memory problems
- ♦ Confusion
- ♦ Does not “feel right”

Athletes who experience any of these signs or symptoms after a bump or blow to the head should be kept from play until given permission to return to play by a health care professional with experience in evaluating for concussion. Signs and symptoms of concussion can last from several minutes to days, weeks, months, or even longer in some cases.

Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep the athlete out of the game or practice.

PREVENTION AND PREPARATION

As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athletes and the team:

- ◆ **Educate athletes and parents about concussion.**

Talk with athletes and their parents about the dangers and potential long-term consequences of concussion.

For more information on long-term effects of concussion, view the following online video clip:

<http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>. Explain your concerns about concussion and your expectations of safe play to athletes, parents, and assistant coaches. Pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.

- ◆ **Insist that safety comes first.**

- ◆ Teach athletes safe playing techniques and encourage them to follow the rules of play.
- ◆ Encourage athletes to practice good sportsmanship at all times.
- ◆ Make sure athletes wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- ◆ Review the athlete fact sheet with your team to help them recognize the signs and symptoms of concussion.

- ◆ **Teach athletes and parents that it's not smart to play with a concussion.**

Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're "just fine" after they have sustained any bump or blow to the head. Ask if players have ever had a concussion.

- ◆ **Prevent long-term problems.**

A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death. This more serious condition is called *second impact syndrome*.^{4,5} Keep athletes with known or suspected concussion from play until they have been evaluated and given permission to return to play by a health care professional with experience in evaluating for concussion. Remind your athletes: "It's better to miss one game than the whole season."

ACTION PLAN: WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?

1. **Remove the athlete from play.** Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
2. **Ensure that the athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
 - ◆ Cause of the injury and force of the hit or blow to the head
 - ◆ Any loss of consciousness (passed out/knocked out) and if so, for how long
 - ◆ Any memory loss immediately following the injury
 - ◆ Any seizures immediately following the injury
 - ◆ Number of previous concussions (if any)

3. **Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.** Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
4. **Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

**If you think your athlete has sustained a concussion...
take him/her out of play, and
seek the advice of a health care professional experienced in evaluating for concussion.**

For more information and to order additional materials free-of-charge, visit:
www.cdc.gov/ConcussionInYouthSports

For more detailed information on concussion and traumatic brain injury, visit:
<http://www.cdc.gov>

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1. Powell JW. Cerebral concussion: causes, effects, and risks in sports. *Journal of Athletic Training* 2001; 36(3):307-311.
2. Langlois JA, Rutland-Brown W, Wald M. The epidemiology and impact of traumatic brain injury: a brief overview. *Journal of Head trauma Rehabilitation* 2006; 21(5):375-378.
3. Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. *The American Journal of Sports Medicine* 2004; 32(1):47-54.
4. Institute of Medicine (US). *Is soccer bad for children's heads? Summary of the IOM Workshop on Neuropsychological Consequences of Head Impact in Youth Soccer*. Washington (DC): National Academy Press; 2002.
5. Centers for Disease Control and Prevention (CDC). Sports-related recurrent brain injuries-United States. *Morbidity and Mortality Weekly Report* 1997; 46(10):224-227. Available at: <http://www.cdc.gov/mmwr/>

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

RULES FOR FACILITY USE

Use of Issaquah School District facilities is a privilege. Participants must abide by the same rules that apply during the school day. Problems caused by unruly participants may result in cancellation of our use of the facility. Your cooperation is appreciated.

Please take the time to introduce yourself to the custodian(s) at your school. Thank them for their involvement in helping us to provide a quality basketball program for the youth in the greater Issaquah community. We ask that you work with the custodian(s) at your school to meet the expectations they have for school facility use.

PLEASE DO NOT:

- ◆ Leave children unsupervised in the facility.
- ◆ Bounce balls in hallways, lobbies or commons.
- ◆ Enter the halls of the school building.
- ◆ Go up on the stage or go behind stage curtains.
- ◆ Play on school workout equipment, gymnastics mats or equipment, etc.
- ◆ Take equipment outside the gymnasium.
- ◆ Touch light switches, locks, etc.
- ◆ Enter the locker rooms.
- ◆ Smoke on school/Community Center grounds.
- ◆ Kick basketballs.
- ◆ Climb on the bleachers.

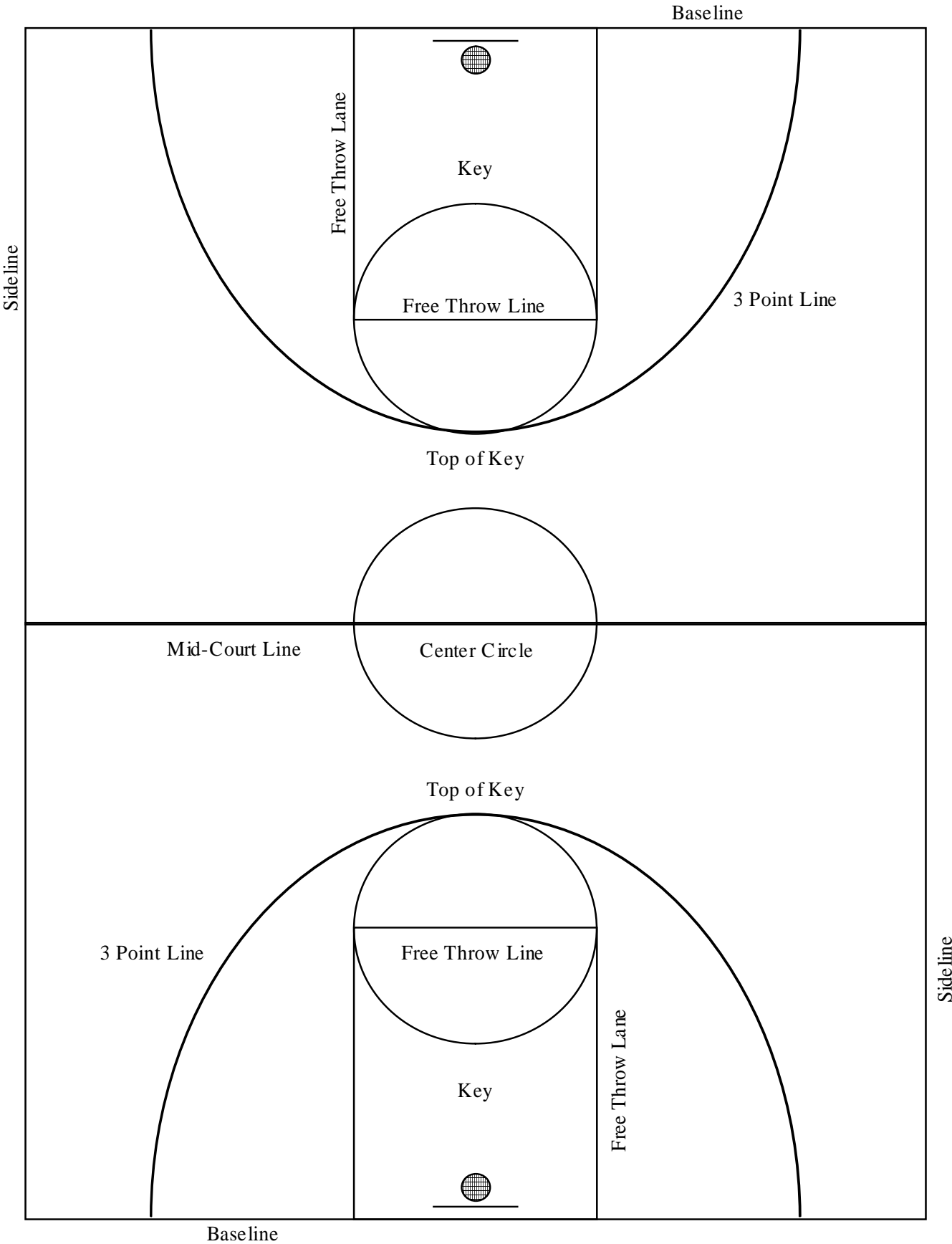
GYM RULES

1. Please sweep the gym floor at the end of every practice.
2. Children not participating **MUST BE** under supervision by a parent/adult at all times. No children may be unattended at any time in any facility.
3. **NO FOOD or DRINK** in the gym.
4. No one is allowed in the gym unless they are directly involved in the Issaquah Parks & Recreation Basketball Program.
5. **NO** black soled shoes allowed on the gym floor.
6. No hanging on baskets or nets.
7. No spitting on gym floor, Community Center, or school grounds.

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BASKETBALL COURT DIAGRAMS



MODIFIED
BASKETBALL
COURT



BEHAVIOR GUIDELINES FOR PLAYERS

EARN RESPECT, DO NOT DEMAND IT!

Maintaining Order & Discipline

- ◆ Maintain order by establishing clear expectations and a “team rule” concept.
- ◆ Involve players in formulating behavioral guidelines and work to build team unity in achieving them.
- ◆ Strive to achieve a balance between freedom and structure.
- ◆ Emphasize that during a game, all members of the team are part of the game even those on the bench.
- ◆ Use reinforcement to strengthen team participation and unity.

Dealing with Team Rule Violation

- ◆ Allow the player to explain his/her actions.
- ◆ Be consistent and impartial.
- ◆ Do not express anger and a punitive attitude.
- ◆ Do not lecture or embarrass the player.
- ◆ Focus on the fact that a team policy has been broken, placing the responsibility on the player, not you.
- ◆ When giving penalties, it is best to deprive children of something they value (i.e., have them sit off to the side, or give a “time-out”).
- ◆ Do not use physical measures that could become aversive by being used to punish (i.e., running laps or doing push-ups).

HELPFUL HINTS FOR THE YOUTH SPORTS COACH

Using “Reward Power”

- ◆ Be liberal with reinforcement.
- ◆ Have realistic expectations and consistently reinforce achievement.
- ◆ Give reinforcement for desirable behavior as soon as it occurs.
- ◆ Reinforce effort as much as desired results.

Reacting to Mistakes

- ◆ Give encouragement immediately after a mistake.
- ◆ If the athlete knows how to correct the mistake, encouragement alone is sufficient.
- ◆ When appropriate, give corrective instruction after a mistake, but always do so in an encouraging and positive way.

Creating a Good Learning Atmosphere

- ◆ Always give instruction positively.
- ◆ When giving instruction, be clear and concise.
- ◆ If possible, show players the correct technique (demonstrate).
- ◆ Be patient and do not expect or demand more than maximum effort.
- ◆ Reinforce effort and progress.

Getting Positive Things to Happen

- ◆ Set a good example of behavior.
- ◆ Encourage effort, do not demand results.
- ◆ In giving encouragement, be selective so that it is meaningful.
- ◆ Never give “encouragement” in a sarcastic or degrading manner.
- ◆ Encourage players to be supportive of each other, and reinforce them when they do so.

Player Recognition

- ◆ Show all players that you care about them as individuals.
- ◆ Do not let players leave a practice or game feeling like “losers.”

Communicating Effectively

- ◆ Ask yourself what your actions have communicated.
- ◆ Encouraging players to express their concerns to you.
- ◆ Be sensitive to individual needs.
- ◆ Communicate at the time when the child is most receptive.

Gaining Player’s Respect

- ◆ Establish your role as a competent and willing teacher.
- ◆ Be a fair and considerate leader.
- ◆ Set a good example.
- ◆ Do not demand respect.

Stressing Sportsmanship

- ◆ Communicate to your players that the important thing is that they enjoy playing and develop their skills, not that they must win or be a star.
- ◆ Communicate to parents that by placing excessive pressure on children, they can detract from the potential that youth sports can have for enjoyment

Getting Started

- ☐ Parent Meeting
- ☐ Practice Hints
- ☐ Practice Plans

K - 1st Grades

2nd - 5th Grades

6th - 8th Grades

- ☐ Game Preparation
- ☐ Coaching Tips Per Grade

TIPS FOR PRE-SEASON PARENT MEETING

Holding a pre-season parent meeting is beneficial for the parents, players and coach. Take this opportunity to inform parents of the goals and expectations as outlined in the Youth Basketball Coaches' Manual.

This is a good time to-

- ◆ Build familiarity between the coach and parents.
- ◆ Coaches' expectations of the players and parents.
- ◆ Designate a "Team Mom" to arrange a schedule for snacks and refreshments for each game.
- ◆ Create a phone tree.
- ◆ Discuss the interest in keeping team statistics.

HELPFUL PRACTICE HINTS

- ◆ Remember to call all your players before the first practice to welcome them to the team.
- ◆ Layout a practice agenda (see form) before each practice so that it is organized, and runs smoothly.
- ◆ Begin practice with warm ups to get the body ready for a vigorous practice.
- ◆ Make sure each player stretches all muscles adequately to prevent injury.
- ◆ Teach skills focusing on age appropriate drills.
- ◆ Execute drills that reinforce skills being taught, as well as offensive and defensive strategies.
- ◆ Work on conditioning and endurance building.
- ◆ End practice with a scrimmage. Use this time to stop and teach about different situations that may occur a game.
- ◆ Review what was learned during practice.

PRACTICE PLANS

During the first practice it is crucial to observe each player on the team and identify what skills and fundamentals need improvement. Depending on the age of the team, different skills need more focus than others.

Skills and Fundamentals for grades K – 1

- ◆ Basic rules of basketball
- ◆ Pass and receive properly (chest, bounce)
- ◆ Controlled dribble with strong hand
- ◆ Starting and stopping with the ball properly
- ◆ Shooting a set shot with proper mechanics
- ◆ Proper defensive slide
- ◆ Guarding the player with the ball
- ◆ Proper rebounding techniques

Skills and Fundamentals for grades 2 – 5

- ◆ Basic rules of basketball
- ◆ Basic passes (chest, bounce, overhead)
- ◆ Receive a pass from 10 – 15ft. away
- ◆ Crossover dribble, low controlled dribble, and high speed dribble with strong hand
- ◆ Starting and stopping with the ball properly
- ◆ Shooting a proper lay up with strong hand
- ◆ Shooting a set shot and free throw properly
- ◆ Proper defensive slide
- ◆ Man-to-man defense/guarding the player with the ball
- ◆ Basic defensive strategies
- ◆ Proper rebounding techniques

Skills and Fundamentals for grades 6 – 8

- ◆ Rules of basketball
- ◆ Knowledge of fouls
- ◆ One and two-handed passes (chest, bounce, overhead, baseball)
- ◆ Receive a pass from 10 – 15ft. away
- ◆ Crossover dribble, low controlled dribble and high speed dribble with either hand
- ◆ Starting and stopping with the ball properly
- ◆ Fake properly to get open to receive a pass
- ◆ Execute various ball fakes and pump fakes before shooting or passing
- ◆ Shoot a proper right, left and center lay up
- ◆ Shoot a set shot from 10 – 15 ft. away
- ◆ Shoot a free throw properly
- ◆ Play “help-side” man-to-man defense
- ◆ Defensive strategies
- ◆ Proper rebounding techniques

WHAT TO DO BEFORE A GAME

- ◆ Set line-up before the game allowing all players equal playing time.
- ◆ Have team warm up and stretch.
- ◆ Execute two or three drills such as a lay up drill, three man weave and a rebounding drill.
- ◆ At the end of the game, be sure to reward all efforts made by each player regardless of the score.
- ◆ Focus on what was done right, but also point out what needs improvement.

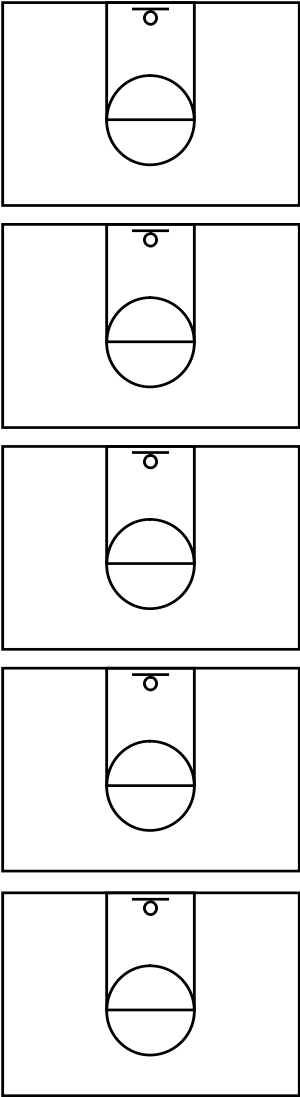
PRACTICE SCHEDULE

DATE:

TIME:

TIME:

DRILL:



COMMENTS:

COACHING TIPS

Kindergarten Basketball Coaching Tips

Grade Specific Information – please see Coaches’ Manual for full set of rules:

- Kindergartners will play on an 8 foot hoop.
- One coach from each team will be allowed on the court to assist his/her team. Coaches are encouraged to assist both teams in learning the game of basketball.
- Defense must play “man-to-man.”
- Players will wear colored wristbands to assist in knowing who their “man” is.
- The pick up line (12 Second Line) is at the top of the three point line.
- Defense may not pick up the offense until the 12 second line is penetrated.
- There is NO STEALING – hands must be “straight up.”
- Double dribble and traveling will not be called tightly – players will be given reminders to dribble, etc.
- There will be mandatory substitutions every five minutes and all players must play equally.

Teach Basic Skills

- Dribbling:** Emphasize using the fingertips, spreading the fingertips apart and pushing the ball to the floor with a loose forearm and wrist. Dribble out in front of the body.
- Passing:** The bounce pass is probably the best pass to use at this age. Emphasize making eye contact or calling out their teammate’s name before passing so team players know and are ready to receive the ball.
- Shooting:** Teach players to shoot from their chest. Hold the ball with two hands, the tips of the thumbs touching and fingers spread to make a “W” shape. Emphasize using the back board and aiming for the square as well as using the legs for power.
- Defense:** Teach the ready position and proper defensive stance. Work on defensive slides with hands out.

What to Expect from the Referees

It is the intention of every official and coach to progressively emphasize and teach the key aspects of the game throughout the season. Below is a list of grade specific points that will be focused on during game play.

Referees Will:

- Encourage players to run in the right direction as well as teach where to shoot the ball and where to play defense.
- Emphasize dribbling when moving with the ball and call traveling very loosely.
- Teach the wrist band concept of man to man defense.
- Explain where the pick up line is and what its purpose is.
- Explain that once the pick up line is penetrated, the entire half court is open to the defense for that offensive play.
- Encourage defenders to keep their hands straight up and call “stealing” if necessary.
- Allow one coach from each team on the court to assist in the teaching of their players. Encourage coaches to assist both teams in learning the game of basketball.
- Will call obvious out of bounds but will allow the play to continue if forward progress is being made and players are attempting to dribble the ball and move down court.

1st Grade Basketball Coaching Tips

Grade Specific Information – please see Coaches’ Manual for full set of rules:

- 1st Graders will play on an 8 foot hoop.
- One coach from each team will be allowed on the court to assist his/her team. Coaches are encouraged to assist both teams in learning the game of basketball.
- Defense must play “man-to-man.”
- Players will wear colored wristbands to assist in knowing who their “man” is.
- The pick up line (12 Second Line) is at the top of the three point line.
- Defense may not pick up the offense until the 12 second line is penetrated.
- There is NO STEALING – hands must be “straight up.”
- Double dribble and traveling will be called more tightly than Kindergarten – players will continue to be given reminders to dribble, etc depending on the ability of the individual player.
- There will be mandatory substitutions every five minutes and all players must play equally.

Teach Basic Skills

- Dribbling:** Begin teaching a proper ball handling stance; hips low, knees bent, back straight, head-up and non-dribbling arm protecting ball. Emphasize the importance of ball handling practice of both hands. Introduce the jump stop.
- Passing:** The bounce pass is the best pass to use at this age. Emphasize making eye contact or calling out their teammate’s name before passing so team players know and are ready to receive the ball.
- Shooting:** Focus on shooting from the chest with fingertips rather than the pad of the hand.
- Defense:** Teach the ready position and proper defensive stance. Work on defensive slides with hands out following the direction of a ball.
- Rebounding:** Begin teaching the importance of rebounding after a shot.

What to Expect from the Referees

It is the intention of every official and coach to progressively emphasize and teach the key aspects of the game throughout the season. Below is a list of grade specific points that will be focused on during game play.

Referees will:

- Focus more on dribbling, double dribbling and traveling and will call it more strictly than Kindergarten. This will depend on the ability of each individual player.
- Teach the wrist band concept of man to man defense.
- Explain where the pick up line is and what its purpose is.
- Explain that once the pick up line is penetrated, the entire half court is open to the defense for that offensive play.
- Encourage defenders to keep their hands straight up and call “stealing” if necessary.
- Allow one coach from each team on the court to assist in the teaching of their players. Encourage coaches to assist both teams in learning the game of basketball.
- Will call obvious out of bounds but will allow the play to continue if forward progress is being made and players are attempting to dribble the ball and move down court.

2nd Grade Basketball Coaching Tips

Grade Specific Information – please see Coaches’ Manual for full set of rules:

- 2nd Graders will play on an 8 foot hoop.
- One coach from each team will be allowed on the court to assist his/her team. Coaches are encouraged to assist both teams in learning the game of basketball.
- Defense must play “man-to-man.”
- Players will wear colored wristbands to assist in knowing who their “man” is.
- The pick up line (12 Second Line) is at the top of the three point line.
- Defense may not pick up the offense until the 12 second line is penetrated.
- There is NO STEALING – hands must be “straight up.”
- Double dribble and traveling will be called more tightly than 1st Grade – players will continue to be given one or two reminders to dribble but may lose possession of the ball if they continue after reminders. This will depend on the ability of the individual player.
- There will be mandatory substitutions every five minutes and all players must play equally.

Teach Basic Skills

- Dribbling:** This age group should be able to perform a low controlled dribble and a higher speed dribble. Also, players should have good start and stopping abilities while handling the ball. Begin teaching players to pivot with the ball.
- Passing:** 2nd graders should be able to perform and catch a bounce pass and chest pass.
- Shooting:** Players should be able to shoot a set shot 10-15 feet from the basket as well as a free throw. (Modify free throw distance if too far away.)
- Defense:** Teach basic defensive strategies - man-to-man defensive skills and stopping the ball.
- Rebounding:** Begin teaching how to “box out.”
- Offense:** Players could begin to learn one basic offensive play such as setting a screen. Players should also have an understanding of where their “offensive area” is.

What to Expect from the Referees

It is the intention of every official and coach to progressively emphasize and teach the key aspects of the game throughout the season. Below is a list of grade specific points that will be focused on during game play.

Referees will:

- Focus more on dribbling, double dribbling and traveling and will call it after a few reminders. This will depend on the ability of each individual player.
- Teach the wrist band concept of man to man defense.
- Explain where the pick up line is and what its purpose is.
- Explain that once the pick up line is penetrated, the entire half court is open to the defense for that offensive play.
- Encourage defenders to keep their hands straight up and call “stealing” if necessary.
- Allow one coach from each team on the court to assist in the teaching of their players. Encourage coaches to assist both teams in learning the game of basketball.
- Will call obvious out of bounds but will allow the play to continue if forward progress is being made and players are attempting to dribble the ball and move down court.
- Will begin to remind players about the five seconds in the key rule.

3rd Grade Basketball Coaching Tips

Grade Specific Information – please see Coaches’ Manual for full set of rules:

- 3rd Graders will play on a 10 foot hoop.
- Coaches are no longer permitted on the court.
- Defense must play “man-to-man.”
- Players will no longer wear wristbands.
- Stealing is permitted.
- Double dribble and traveling will be called tightly.
- The pick up line (12 Second Line) is at the top of the three point line.
- Defense may not pick up the offense until the 12 second line is penetrated.
- Once the pick up line is penetrated, the entire half court is open to the defense for that offensive play.
- Foul shots will be taken from a range the child can be more successful (if a player shoots and can not get the ball close to the hoop they are allowed to take a step closer).
- There is no double teaming in the league; help defense is allowed within 12 feet of the basket and 6 feet of the player’s man. However as soon as the original defender catches up, the person playing help defense needs to return to their original defender or players can switch. Double teaming is not allowed.
- There will be mandatory substitutions every five minutes and all players must play equally.

Teach Basic Skills

- Ball Handling:** Ability to demonstrate a triple threat position, players should begin to have the ability to change their speeds while dribbling and have directional dribble moves as well as be able to pivot with the ball. Begin working on ball circles around the head, waist and knees.
- Passing:** Players should be able to use all passes and begin to understand when the best time to use which type of pass is.
- Shooting:** Begin teaching one foot lay-ups and introduce proper shooting position and technique.
- Defense:** This age should be able to perform step and slide defense, and understand some defensive strategies.
- Rebounding:** Really begin teaching a more advanced block-out and the importance of rebounding.
- Offense:** Players should be able to execute a basic offensive play such as a pick and role play. Players should also know where their “offensive area” is.

What to Expect from the Referees

It is the intention of every official and coach to progressively emphasize and teach the key aspects of the game throughout the season. Below is a list of grade specific points that will be focused on during game play.

Referees will:

- Line up players at the beginning of each substitution to match up with their defender.
- Allow stealing and will encourage players to not reach in.
- Call traveling and double dribble tightly.
- Call fouls such as reaching, illegal screens and shooting fouls.
- Award the other team the ball if the offense takes more than 12 seconds to cross the half court line.
- Call five seconds in the key.
- Call double teaming.
- Call out of bounds tightly.
- Call 5 seconds in the key.

4th Grade Basketball Coaching Tips

Grade Specific Information – please see Coaches' Manual for full set of rules:

- Defense must play “man-to-man.”
- Stealing is permitted.
- Double dribble and traveling will be called tightly.
- The pick up line (12 Second Line) is at half court.
- Defense may not pick up the offense until the 12 second line is penetrated. Once the pick up line is penetrated, the entire half court is open to the defense for that offensive play.
- Foul shots will be taken from a range the child can be more successful (if a player shoots and can not get the ball close to the hoop they are allowed to take a step closer).
- There is no double teaming in the league; help defense is allowed within 12 feet of the basket and 6 feet of the player's man. However as soon as the original defender catches up, the person playing help defense needs to return to their original defender or players can switch. Double teaming is not allowed.
- Proper screen setting will continue to be emphasized. This rule will become stricter as the season progresses. Players should understand what a moving screen is and be able to set a proper screen
- Over and back will be explained and emphasized but called loosely.
- Score keepers will be keeping track of personal fouls.
- There will be mandatory substitutions every five minutes and all players must play equally.

Teach Basic Skills

- Ball Handling:** Ability to perform zigzag dribbling, begin to gain a sense of which hand to dribble with during the game. Player should be able to do ball circles around head, waist and knees.
- Passing:** Players should be able to use all passes and begin understand when the best time to use which type of pass is. Introduce partner slide passing down the court.
- Shooting:** Begin teaching one foot lay-ups and introducing proper shooting position and shooting techniques.
- Defense:** This age should be able to perform step and slide defense, and understand some defensive strategies, begin teaching to switch on screens and help defense.
- Rebounding:** Begin performing block-out techniques regularly in games.
- Offense:** Players should be able to remember more than one offensive play and be able to execute them during a game.

What to expect from the Referees

It is the intention of every official and coach to progressively emphasis and teach the key aspects of the game throughout the season. Below is a list of grade specific points that will be focused on during game play.

Referees will:

- Line up players at the beginning of each substitution to match up with their defender.
- Allow stealing and will encourage players to not reach in.
- Call traveling and double dribble tightly.
- Call fouls such as reaching, illegal screens and shooting fouls.
- Award the other team the ball if the offense takes more than 12 seconds to cross the half court line.
- Call five seconds in the key.
- Call double teaming.
- Call out of bounds tightly.
- Call 5 seconds in the key.

5th Grade Basketball Coaching Tips

Grade Specific Information – please see Coaches’ Manual for full set of rules:

- Defense must play “man-to-man.”
- Stealing is permitted.
- Double dribble and traveling will be called tightly.
- The pick up line (12 Second Line) is at half court.
- Defense may not pick up the offense until the 12 second line is penetrated.
- Once the pick up line is penetrated, the entire half court is open to the defense for that offensive play.
- Foul shots will be taken from the official foul line.
- There is no double teaming in the league; help defense is allowed within 12 feet of the basket and 6 feet of the player’s man. However as soon as the original defender catches up, the person playing help defense needs to return to their original defender or players can switch. Double teaming is not allowed.
- Proper screen setting will continue to be emphasized. This rule will become stricter as the season progresses. Players should understand what a moving screen is and be able to set a proper screen
- Over and back will be explained and emphasized and called strictly.
- Score keepers will be keeping track of personal fouls.
- There will be mandatory substitutions every five minutes and all players must play equally.

Teach Basic Skills

- Ball Handling:** Ability to perform zigzag dribbling, begin to gain a sense of which hand to dribble with during the game. Player should be able to do ball circles around head, waist and knees.
- Passing:** Players should be able to use all passes and begin understand when the best time to use which type of pass is. Introduce partner slide passing down the court.
- Shooting:** Begin teaching one foot lay-ups and introducing proper shooting position and shooting techniques.
- Defense:** This age should be able to perform step and slide defense, and understand some defensive strategies, begin teaching to switch on screens and help defense.
- Rebounding:** Begin performing block-out techniques regularly in games.
- Offense:** Players should be able to remember more than one offensive play and be able to execute them during a game.

What to expect from the Referees

It is the intention of every official and coach to progressively emphasis and teach the key aspects of the game throughout the season. Below is a list of grade specific points that will be focused on during game play.

Referees will:

- Line up players at the beginning of each substitution to match up with their defender.
- Allow stealing and will encourage players to not reach in.
- Call traveling and double dribble tightly.
- Call fouls such as reaching, illegal screens and shooting fouls.
- Award the other team the ball if the offense takes more than 12 seconds to cross the half court line.
- Call five seconds in the key.
- Call double teaming.
- Call out of bounds tightly.
- Call 5 seconds in the key.

Middle School Basketball Coaching Tips

Grade Specific Information – please see Coaches’ Manual for full set of rules:

- Defense must play “man-to-man.”
- Stealing is permitted.
- Double dribble and traveling will be called tightly.
- The pick up line (12 Second Line) is at half court.
- Defense may not pick up the offense until the 12 second line is penetrated.
- Once the pick up line is penetrated, the entire half court is open to the defense for that offensive play.
- Foul shots will be taken from the official foul line.
- There is no double teaming in the league; help defense is allowed within 12 feet of the basket and 6 feet of the player’s man. However as soon as the original defender catches up, the person playing help defense needs to return to their original defender or players can switch. Double teaming is not allowed.
- Proper screen setting will continue to be emphasized. This rule will become stricter as the season progresses. Players should understand what a moving screen is and be able to set a proper screen
- Over and back will be explained and emphasized and called strictly.
- Score keepers will be keeping track of personal fouls.
- There will be mandatory substitutions every five minutes and all players must play equally.

Teach Basic Skills

- Ball Handling:** Ability to perform zigzag dribbling, begin to gain a sense of which hand to dribble with during the game. Player should be able to do ball circles around head, waist and knees.
- Passing:** Players should be able to use all passes and begin understand when the best time to use which type of pass is. Introduce partner slide passing down the court.
- Shooting:** Players should beginning to use proper shooting techniques. Know shooting range. What is a good shot.
- Defense:** This age should be able to perform step and slide defense, and understand some defensive strategies, begin teaching to switch on screens and help defense.
- Rebounding:** Begin performing block-out techniques regularly in games.
- Offense:** Players should be able to remember more than one offensive play and be able to execute them during a game. Players should learn to play as a team. Player should know how to move without the ball. Player should know how to set a screen.

What to expect from the Referees

It is the intention of every official and coach to progressively emphasis and teach the key aspects of the game throughout the season. Below is a list of grade specific points that will be focused on during game play.

Referees will:

- Call the game according to Washington State Interscholastic Association Rules.
- Strongly enforce the rules in an effort to help participants become better basketball players.
- Encourage good sportsmanship and will not tolerate fighting or foul language.
- Remove any player, coach, or parent who displays poor sportsmanship.

Skills & Drills

- ❑ Warm Ups, Stretching
& Endurance Building
- ❑ Ball Handling
- ❑ Footwork
- ❑ Dribbling
- ❑ Passing
- ❑ Shooting
- ❑ Position & Movement
- ❑ Rebounding
- ❑ Offensive Strategy
- ❑ Defensive Strategy

LEGEND	
OFFENSE	○
DEFENSE	X
CONE	▲
RUN	→
PASS	- - - - - →
SHOOT	⋯⋯⋯ →
DRIBBLE	~~~~~
SCREEN	— —

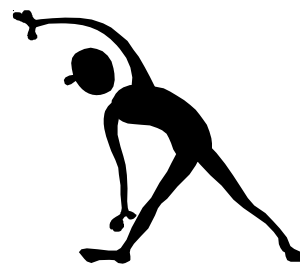
WARM UPS, STRETCHING & ENDURANCE BUILDING

All athletes should warm-up for 5 minutes before stretching and working out. By increasing your heart rate, breathing and blood flow, your body temperature raises preparing your muscles for a workout and helps prevent injuries. A good warm-up exercise is jogging around the basketball court two or three times.

Stretching

When stretching, stretch lightly, don't bounce, breathe out while extending the stretch, and hold each stretch for 10 to 20 seconds. Here are some basic stretches good for preparing for practices and games.

- ◆ Start at the top of your body. Move neck from side to side and around front to back a few times.
- ◆ With arms out to the side, make five small circles, five to the front and then five to the back.
- ◆ Make five large circles the same way loosening up the arms and shoulders.
- ◆ Put one arm out in front and pull it across the chest using the other arm. Keep stretching the arm straight across the chest. Change arms and repeat two or three times with each arm.
- ◆ Put one arm straight in the air, and then place it behind your head. Bend it at the elbow so that the arm and hand are pointing down the back. Place the opposite hand on the elbow and push down slightly. Repeat two or three times with each arm.
- ◆ Bend at waist, keeping your legs together, bend knees slightly, and try to touch your toes. Try not to lock your knees. Bend slightly front, back and side to side.
- ◆ Stand with your legs shoulder-width apart. Turn your body to either side.
- ◆ Sit upright on the floor with one leg straight and the other positioned so that the heel touches the opposite thigh. Exhale and bend forward at the waist, and grasp ankle or foot. Hold and relax for 20 seconds, and repeat with the opposite leg.



Endurance Building

Aerobic fitness and cardiovascular endurance are good exercises to build endurance.

- ◆ **Tuck Jump-** Jump in place, pull both knees to the chest while in the air. Do this for 20 seconds.
- ◆ **Shuffle Slide Jumps-** While facing the front of the backboard, jump and touch as high as possible on the right side of the backboard. Land and shuffle to the middle of the key, jump and touch the net, land and shuffle to the left, jump and touch as high as possible on the left side of the backboard. Repeat back to the right for a total of six jumps.
- ◆ **Slide Drill-** Stand midway between two imaginary lines 20 feet or more apart. Assume a defensive position with your knees bent, head up, and arms out. Slide back and forth and touch the imaginary lines with your feet, making sure that your feet do not touch each other as you slide. Continue the drill for one minute.

BALL HANDLING DRILLS

The purpose of ball handling drills is to give the player a feeling of where the ball is in relationship to their body. Handle the ball with the fingertips, not the palms. Spread and relax the fingertips.

DRILLS



Cradles

The ball is held between the legs, right hand on the ball in front of the legs, left hand on the ball behind the legs. Then, releasing the ball, the player quickly reverses the arm position, grabbing it with the right hand behind and left in front. Some who have not done this will struggle at first. Encourage them to keep trying, and sooner or later they will catch on.

Clap-N-Catch

Hold the ball straight out in front or against the body at waist level. Release, clap the hands behind the back, and grab the ball again before it touches the floor. This drill increases quickness and confidence.

Figure Eight

Pass the ball from hand to hand between the legs in a figure eight pattern. Then, as this gets easier, a player can walk while moving the ball in the same way, and eventually the player will be able to run while doing it.

Hike Drill

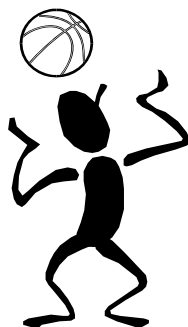
Bounce the ball backward between the legs, reach around, bending down, and catch it behind the legs. Then bounce it back again, forward, catching it once again in front, in the original position.

Tippling

Without grabbing the ball, a player flips it back and forth with the fingers, arms outstretched at right angles from the body. Gradually, the arms are raised as the tippling continues, until the ball is up over the head. It is then slowly lowered again.

Roll 'Em

Have players roll the ball down the court and back using only the thumbs and fingertips. This drill can also be used as a defensive drill by having the players shuffle their feet while rolling the ball down the court.



FOOTWORK DRILLS

These drills help improve speed and movement on the court. Try not to sacrifice form for more repetitions or a faster performance.



Lane Slide Drill

Use this drill to increase lateral speed, quickness, change of direction and speed on the court. Start on one side of the foul line and slide from one to the other, advancing up the court, and back. It is important to stay in a low stance bending the knees and keeping the back straight (almost like sitting in a chair), and try not to cross feet. Do this drill for one minute, then rest for one minute, completing three sets.

Backboard/Net Touch

This drill strengthens lower legs for quickness and explosive, repetitive jumping. Stand under the net or backboard, jump ten times off both feet with the right hand trying to touch the net, then the left hand. 20 touches equal one set. Repeat three times resting for one minute between each set.

One Foot Running Jumps

Use this drill to improve sprinting, balance, pivoting and jumping. Start on the baseline under the basket, sprint to the foul line, and touch it with either hand, pivot, and sprint back to the backboard, jumping as high as you can off one foot. Repeat exercise five times on each foot. Repeat three times, resting for one minute between each set.

Jumping Line Drill

Use this drill to improve jumping skills. Stand sideways to any line on the court, place your feet together, stand on the balls of your feet and jump side to side using your arms for balance. Try not to drag your feet, jump over the line completely. Each set lasts for 30 seconds. Do three sets, resting for one minute between sets.

Follow the Leader

Have all the players form three lines facing front and arms length apart. Each player should be in the ready position. The coach stands in front of the team and points to the right, left, front, or back. Each player follows the direction in proper defensive stance and movement. Then the coach pretends to shoot and the team then yells “shot,” and simulates blocking the shot.



DRIBBLING

BASICS

- ◆ Dribble with one hand at a time only.
- ◆ Always be in ready position- hips low, knees bent, back straight.
- ◆ Contact the ball with the pads of the fingers, no slapping.
- ◆ Hold chin and eyes up to maintain balance and increase peripheral vision.
- ◆ Dribble below waist and to the side when being guarded closely.
- ◆ Dribble above waist and out in front for speed.
- ◆ Protect the ball with your non-dribbling hand or arm.
- ◆ Practice dribbling with both the right and left hands to help increase performance in the weaker hand.



HELPFUL HINTS

- ◆ Keep dribble as long as possible until a shot or pass opens up.
- ◆ Do not dribble immediately after receiving a pass or rebound. Check your passing and shooting options first.
- ◆ Vary the speed and direction of the dribble.
- ◆ Use crossover dribble.
- ◆ Stay away from sidelines and corners to avoid being trapped.
- ◆ Avoid dribbling into a crowd of players; the ball is likely to get stolen.
- ◆ Be assertive and confident when dribbling.

DRILLS

Dribble Around

Dribble around the right leg, then the left leg, then both legs, and then switch directions.



Walking Dribble

Beginning with one leg forward, bounce ball between legs. Continue bouncing it as you walk forward, pushing it between the legs each time.

Crossover Drill

Start at the baseline moving to the right at a 45° angle, taking a few strides dribbling with the right hand. Then plant the right foot, push off hard, with body now moving 45° left. At the same time, push the ball in front of the body from right to left in a low dribble. Continue to move down court in a zigzag pattern.

Steal Game

Pair up players, each with a ball. Have players keep their dribble, protecting it with the non-dribbling hand or arm, while trying to steal or knock the other's ball away. Switch hands and start over.

Two-Minute Tag

Use half a court with four or more players, each with a ball. Everyone dribbles left-handed for two minutes. One person is “it” and they try to tag the other three players. If someone is tagged, they are “it.” After two minutes, start over and switch hands.

Monkey See, Monkey Do

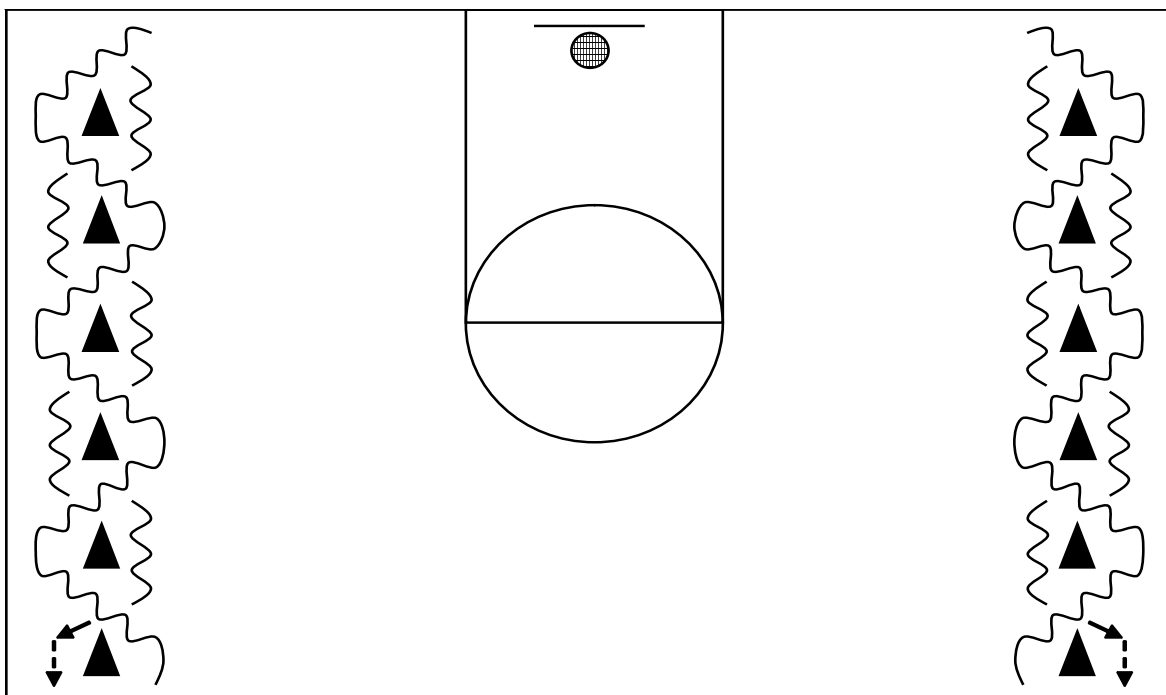
A leader (one of the team captains or the coach) faces the group. They must watch and copy what the leader is doing. The leader can dribble the ball switching hands, going between the legs in a figure eight switching directions, etc. The leader may also pass the ball around and around the body at the waist, neck, and overhead.

Red Light, Green Light

This drill works on dribbling as well as jump stops. When the coach says “green light,” players dribble from one end of the court to the other. When the coach says “red light,” players must jump stop, holding the ball in both hands. Any player who loses control of the ball, or moves before “green light” is called, must go back and start over.

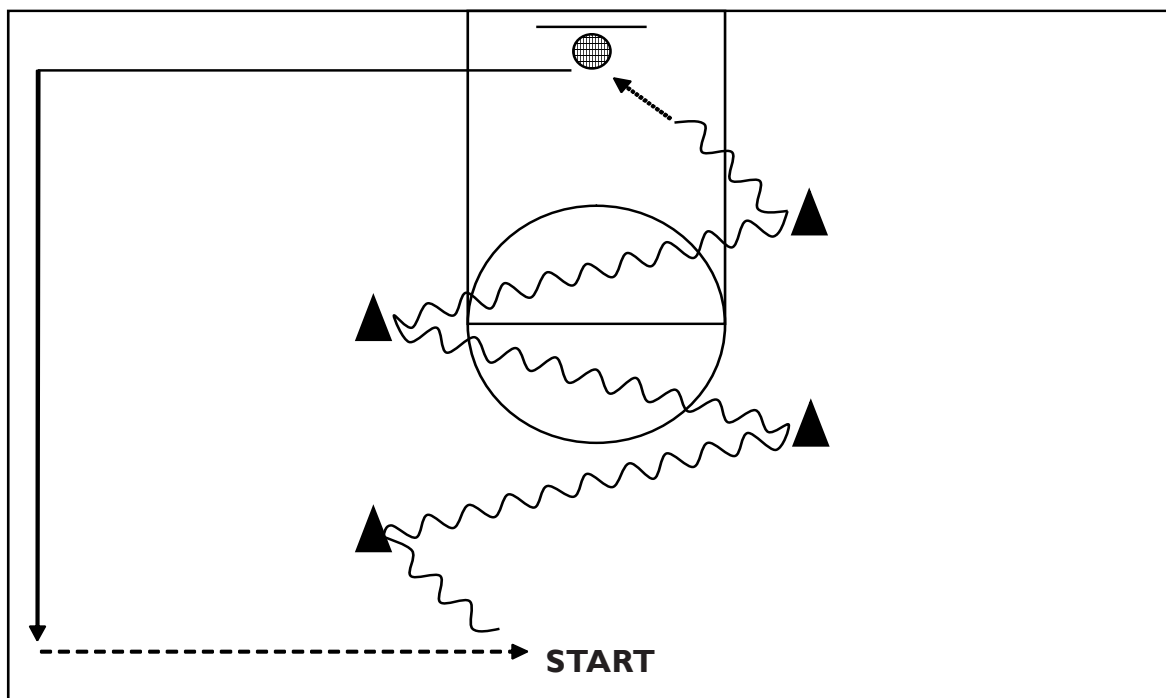


D R I B B L I N G



DRIBBLING AROUND CONES

Set up cones on both sides of the court and split the team in half. The first person on each team must dribble around the cones changing angle with each cone. Once at the end, the player returns, does a jump stop and passes to the next person in line. Focus on dribbling with the head up, as well as changing hands and speed.



DRIBBLE & PIVOT RACE

Teams line up at the half court line in alternating order. Each player dribbles to a cone, pivots in the direction away from it, continues to the next cone, etc., until a lay up can be made. The player must sprint along the sidelines, and pass the ball to the next player when the half court line is reached. Players must keep their heads up to avoid collisions with other dribblers.

PASSING



BASICS of PASSING

Release the ball quickly, do not hesitate.

- ◆ Make sure to have visual contact with the receiver.
- ◆ Make sharp and snappy passes with little spin.
- ◆ Time passes to avoid interception by defense.
- ◆ Don't pass so hard that the receiver cannot catch it, or too slow so it is intercepted.
- ◆ Use fakes to improve passing angle.

BASICS of RECEIVING

- ◆ Always keep eye contact with the passer and the ball.
- ◆ Position hands chest high, extend arms, open palms for reception.
- ◆ Communicate non-verbally by using the hand as a target.

FIVE TYPES of PASSES

Chest Pass

- ◆ Using two hands, grip sides of the ball with pads of fingers with thumbs on the back half of the ball.
- ◆ Step towards the target using the legs to generate momentum.
- ◆ Pass with the thumbs, snapping down and together.
- ◆ Pass from chest to the receiver's chest.

Two Handed Bounce Pass

This pass is good for passing the ball to another player while being closely guarded by a defender with hands in the air.

- ◆ Grip the ball the same as the chest pass.
- ◆ Passer should bounce pass the ball 2/3 the distance of the receiver.
- ◆ Step in the direction of the pass, and aim below the waist toward mid-thigh or hip.

One Handed Bounce Pass

This pass is good for pivoting around defense.

- ◆ Pivot and step around the defender.
- ◆ Pass with one hand and protect the ball with the other.

Overhead Pass

This pass is good for getting the ball down court quickly on a fast break, or for passing to the forward or center under the basket.

- ◆ Using two hands, but one on each side of the ball, thumbs to the rear.
- ◆ Keep the ball out in front of the head, and generate momentum by stepping with legs toward the receiver, following through with the arms and snapping wrists.
- ◆ Aim towards the receiver's chest or head.

Baseball Pass

This is good for passing the ball the whole distance of the court.

- ◆ Use one hand, bringing the ball back by the ear with the elbow pointing back.
- ◆ Extend the arm up and out toward the target.

DRILLS



Up & Down Drill

The coach faces the player, who is in the lane ten feet away facing him. The ball is rolled on either side of the player, who bends quickly, grabs it, straightens, and fires it back to the coach, who may move to his left or right. A variation is to have the player grab the ball, pivot, make a lay-up, take the ball as it comes through the net, pivot again, and fire back to the coach.

3 Person Drill

Split the team into groups of threes. Two players are passers, and the third is the defender. The passers pass the ball to each other while the defender tries to intercept it. If the defender touches the ball, the passer who passed the ball becomes the defender.

Partner Passing

Split the team into pairs facing each other between the free throw lanes with one side starting with the ball. Have the players work on chest passes, two-handed bounce passes and one-handed bounce passes. Have the pairs move farther apart to work on overhead passes and baseball passes.

Shotgun Passing

Split the team in groups of six, one player under the basket, the other five line up in a semicircle on the free throw line. The drill begins with one player in the semicircle shotguns a chest pass to the player under the basket. The player under the basket fires it back to the next player in the semicircle and so on down the line. This drill should go on for about one minute per player. Variations can be made with the speed of the pass, or the type of pass.

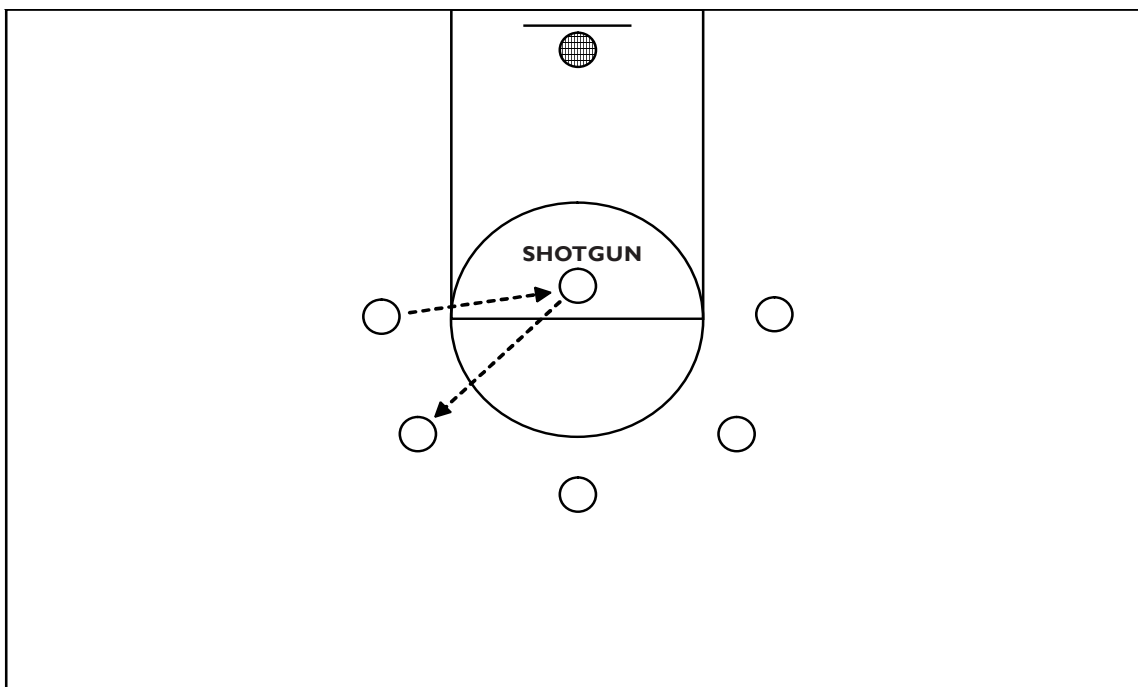
Monkey in the Middle

Just like the childhood game, one player is the “monkey” and stands in between the two passers. The monkey tries to steal the ball by guarding and harassing the passers. If the monkey steals a pass, that passer is now the monkey.

Reaction Drill

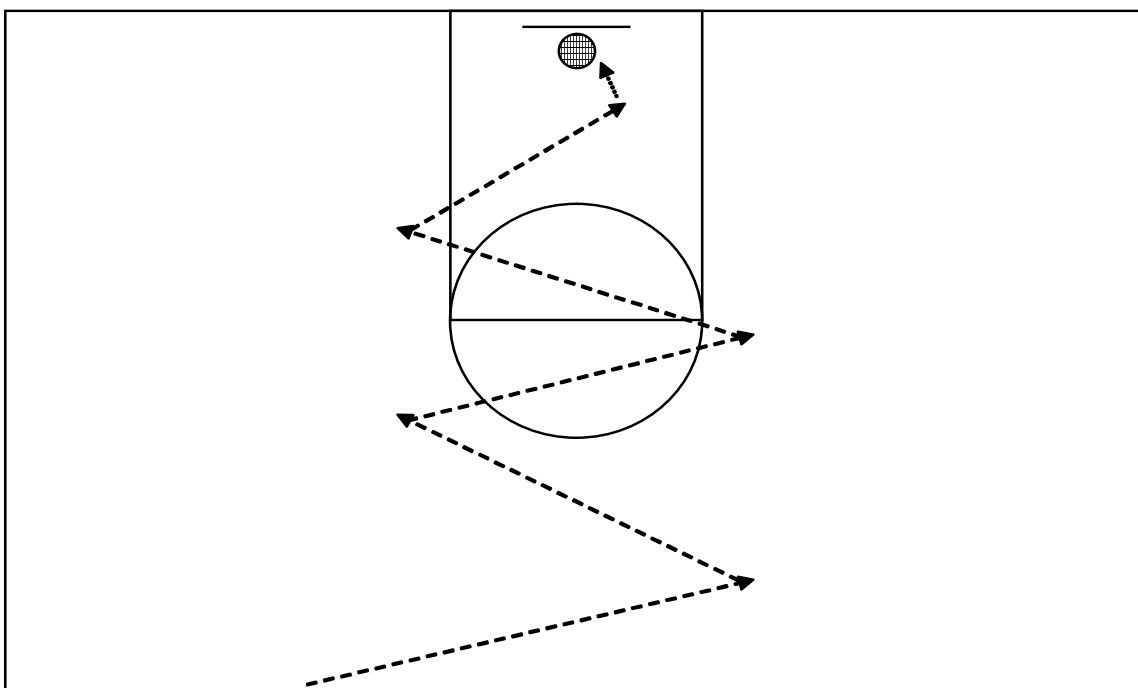
The coach holds the ball ten feet behind the player, who is facing away from him. As the coach releases the ball, the coach blows the whistle. Upon hearing the whistle, the player must pivot and grab the ball. The pass may be high or low, a roll on the floor left or right, or a lob overhead.

PASSING



SHOTGUN PASSING DRILL

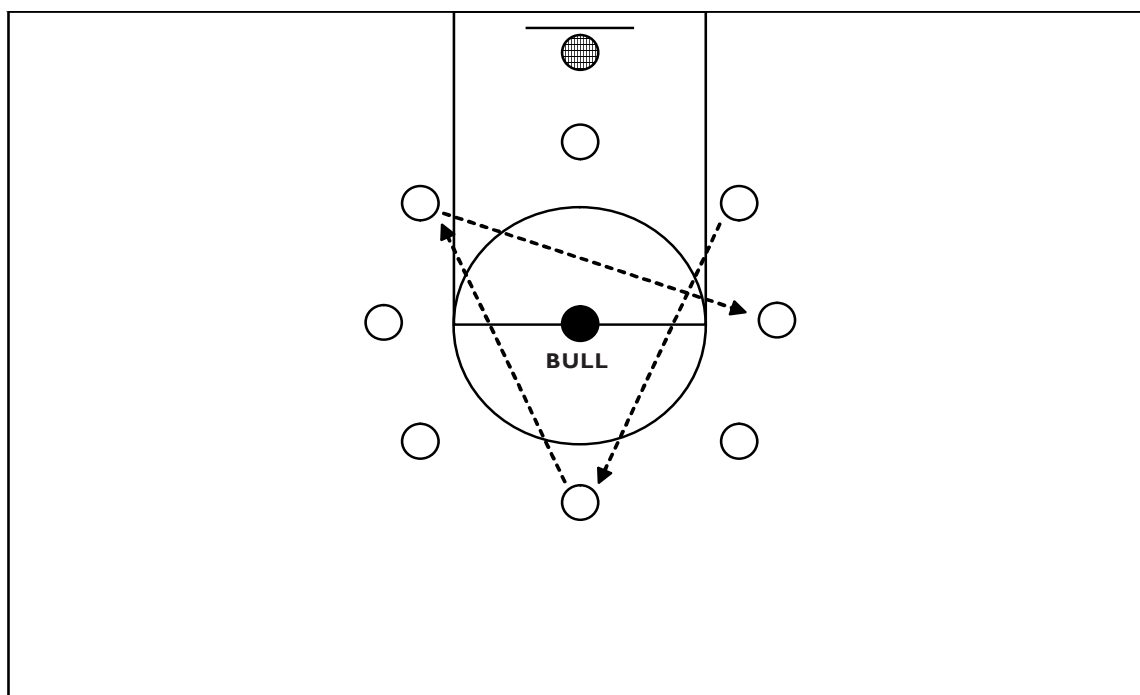
Five players form a semi-circle around the free throw circle and the “shotgun” stands in the middle of the free throw line. One player in the semi-circle starts with the ball and passes to the shotgun, who then passes to the next person, and so on. Make sure passes are quick and crisp.



PARTNER PASSING DRILL

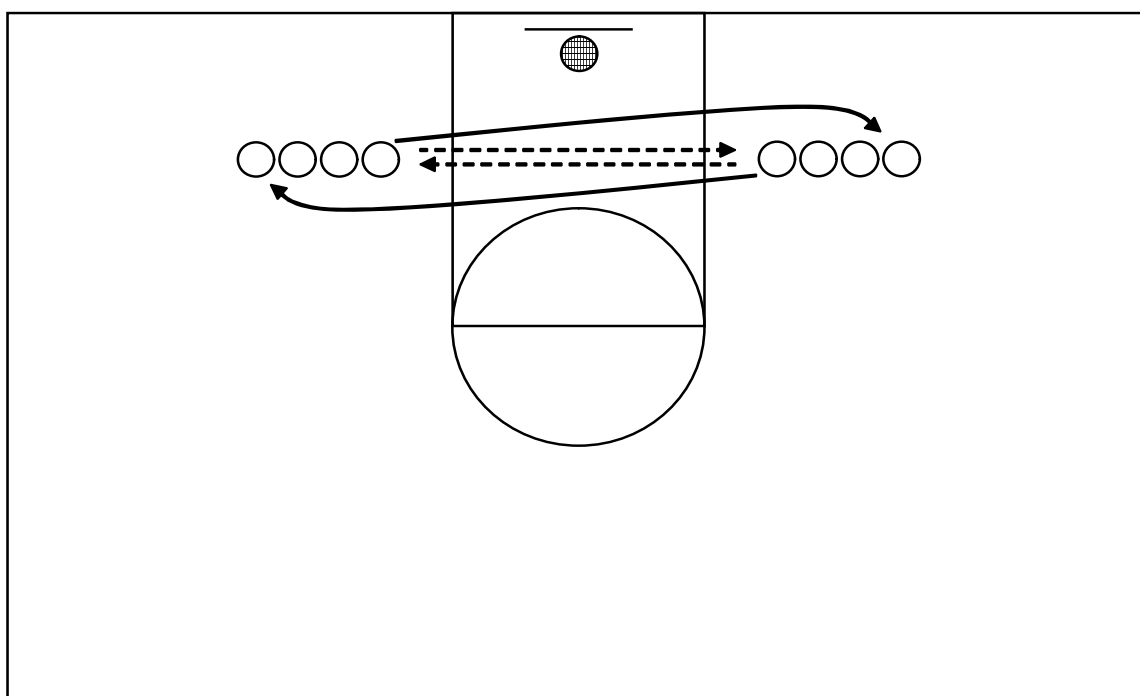
- Two players pass the ball back and forth without dribbling or traveling until the lay up is made. Have players focus on accurate passes.

P A S S I N G



BULL IN THE RING

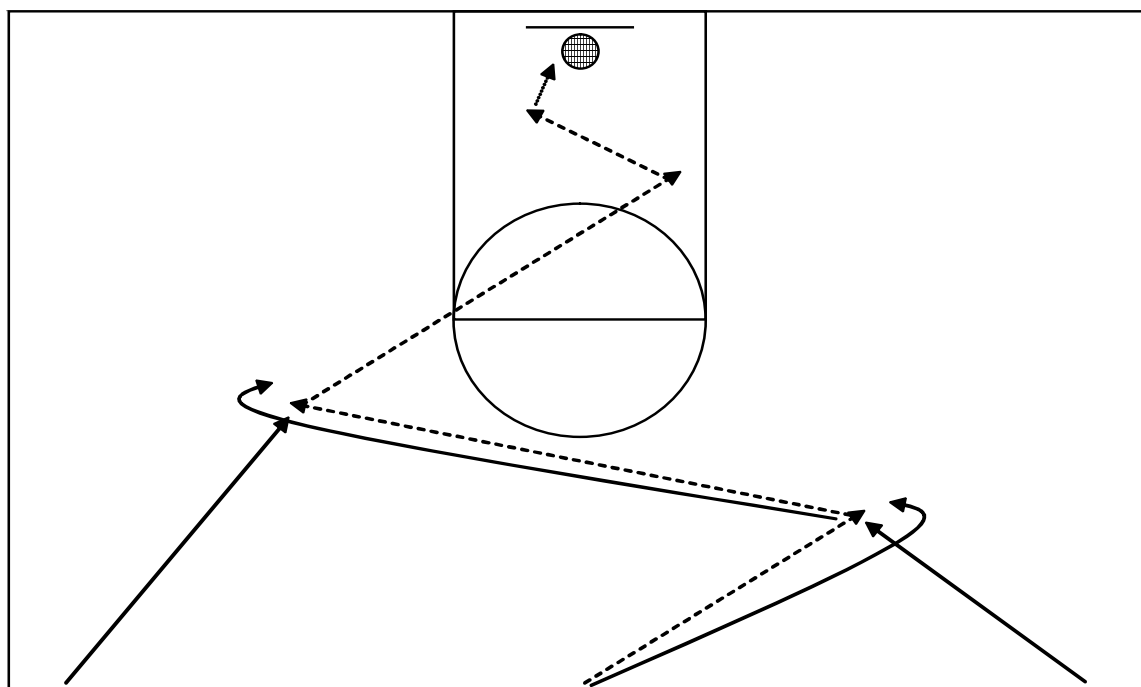
Players pass the ball at least two players away while the “Bull” in the middle tries to deflect or intercept the pass. If the bull is successful, the passer who threw the pass is now the bull. Concentrate on quick, crisp passes. Number of passers can vary.



BASIC PASSES DRILL

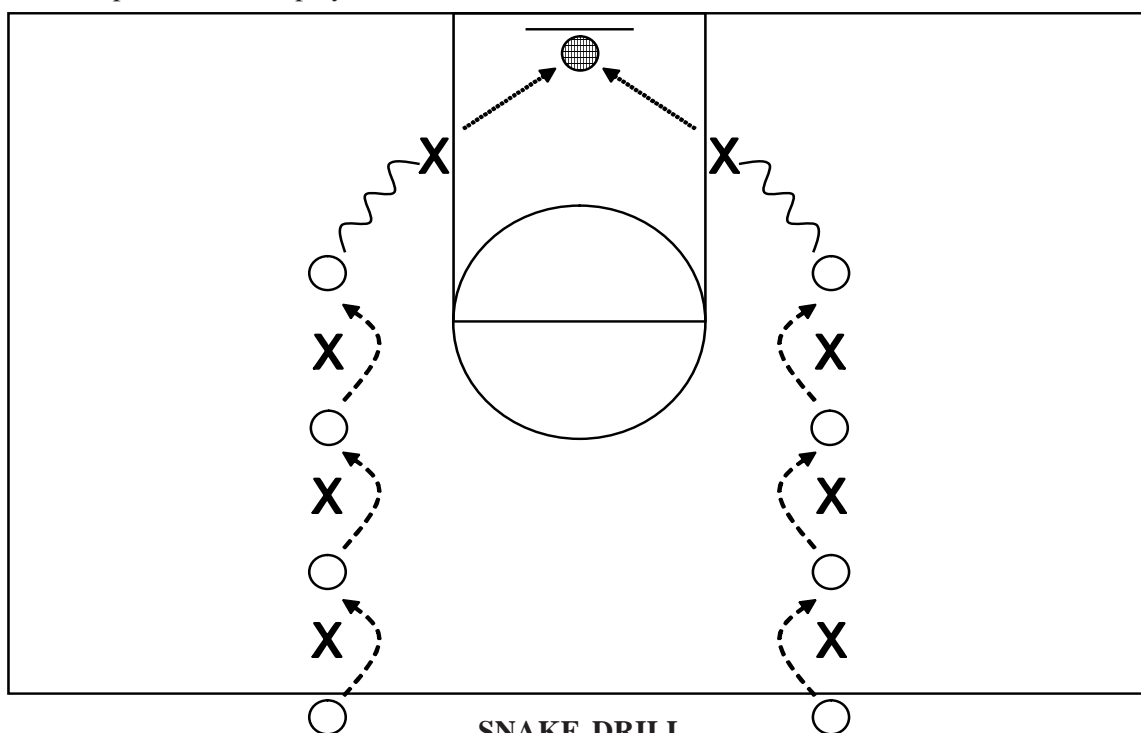
This drill allows players to practice chest, bounce, overhead and baseball passes. The player at the front of the line passes to the player at the front of the opposite line, then runs to the end of the opposite line. Focus on good, accurate passes as well as pass reception.

PASSING



THREE MAN WEAWE

The player in the middle starts off the drill by passing to either wing, then follows the pass. The weave continues up the court until the lay up is made. Make sure passes lead the player.



SNAKE DRILL

Opposing players alternate in line. One side tries to pass the ball to each succeeding teammate using an overhead or bounce pass. Once the last teammate is reached, this player tries to score over the final defender. Then players rotate one position with the final dfender going to the opposite end to start the passes down the line.

SHOOTING

SET SHOT/JUMP SHOT MECHANICS

- ◆ Feet and shoulders square to the basket, feet shoulder width apart, dominant foot slightly in front.
- ◆ Keep ball chest level with elbows in.
- ◆ Control the ball with the fingertips, not the palm.
- ◆ Keep fingers spread.
- ◆ Place the guide hand on the side, or slightly below the ball.
- ◆ Cock the wrist back.
- ◆ Keep eye focused on the back of the rim.
- ◆ Start the shot with the toes, then knees, bent for power, then extend up and out all the way through the arm toward the target.
- ◆ Last contact with the ball should be made by the index and middle fingers giving the ball backspin and arch.
- ◆ Follow through with the wrist, and extending the arm all the way out.



HELPFUL HINTS

- ◆ Remember to follow up on every shot made to get the rebound if the shot is missed.
- ◆ Allow shots only within shooting range of the player.
- ◆ Use the backboard when ever possible.
- ◆ Players lacking strength should start with the ball lower and exaggerate shot execution.

DRILLS

One-Arm Shooting

Stand in front of the basket, holding the ball with your shooting arm, palm up, and other hand behind your back. Slowly turn your wrist inward causing your shoulder to drop, putting your arm in the proper “L” position. With the ball on your fingertips and head high, shoot the ball high, exaggerating your form and follow through, finishing with your fingers pointing over the rim of the basket. Shoot from the same spot five times, then take a step back until you have gotten to the top of the key.

Chair Shooting

This drill helps improve shooting the ball instead of throwing it. Place a chair about eight feet in front of the basket. Shoot 25 shots, rest for one minute, and shoot 25 more.

Floor Form Shooting

This allows you to work on follow-through, develop a soft touch, and learn to read the spin of the ball by holding it across the seams. Lying flat on your back, relax your shooting hand as you are holding the ball over your chest. Make sure your arm is in the “L” position. Shoot the ball directly up in the air, completely extending the elbow, wrist, and fingers. The ball should come back into your hands. Shoot 25 shots, rest for one minute, and shoot 25 more.

7-UP

Have players find a partner. The first player shoots and gets his rebound, then passes it to his partner who has to shoot it from the same spot. The first team of two to get seven baskets yells “7-UP” and wins.

- ◆ Plant the inside foot and explode upward. For a right-handed lay up, explode off the left foot. For a left-handed lay up, explode off the right foot.
- ◆ Going upward, drive the outside knee upward and extend the outside hand/arm toward the basket.
- ◆ At the top of the jump, release the ball with the shooting hand, which should be underneath the ball, pushing it toward the basket.

HELPFUL HINTS

- ◆ Make sure the index finger of the shooting hand is pointed toward the target.
- ◆ Use the backboard, aiming for the square on the backboard.
- ◆ Use the non-shooting hand to protect and guide the ball.
- ◆ Explain what “travelling” is to ensure there are no violations shooting a lay up.

FREE THROWS



- ◆ Make sure you are balanced.
- ◆ Keep eye on the target.
- ◆ Keep the elbow in.
- ◆ Follow through, ending with a wave to the crowd.
- ◆ Do not step over the foul line.

DRILLS

Foul Shot Golf

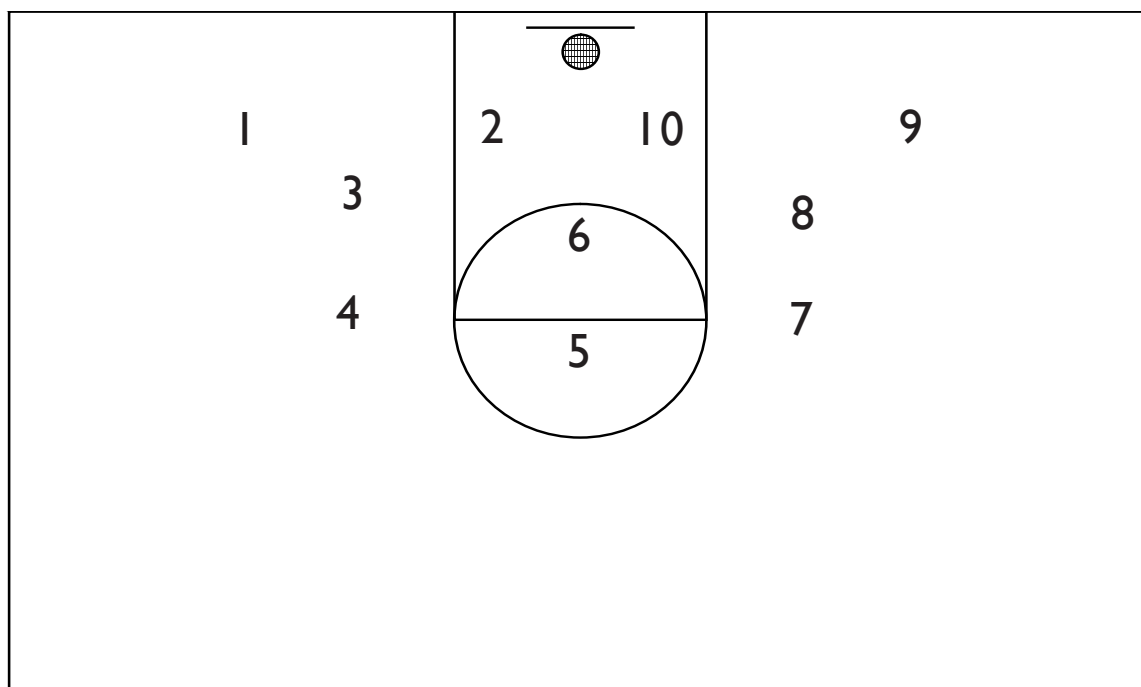
This drill allows you to work on foul shooting through repetition. If your foul shot hits nothing but net you earn a “birdie”, “par” if you just make the shot, and “bogey” if you miss the shot. You get three shots for one round, and you play six rounds to equal 18 holes. The player with the lowest score wins.

Blind Form Shooting

This drill helps visualize what should be done mechanically on free throws. Wear a blindfold or close your eyes as you are ready to shoot your free throws. Use the proper free throw form on your shot without the ball at first. This will simulate the shot and lead to good form shooting. Using the proper mechanics, shoot the ball visualizing exactly where the shot needs to be. Take 10 shots at a time, 30 total.

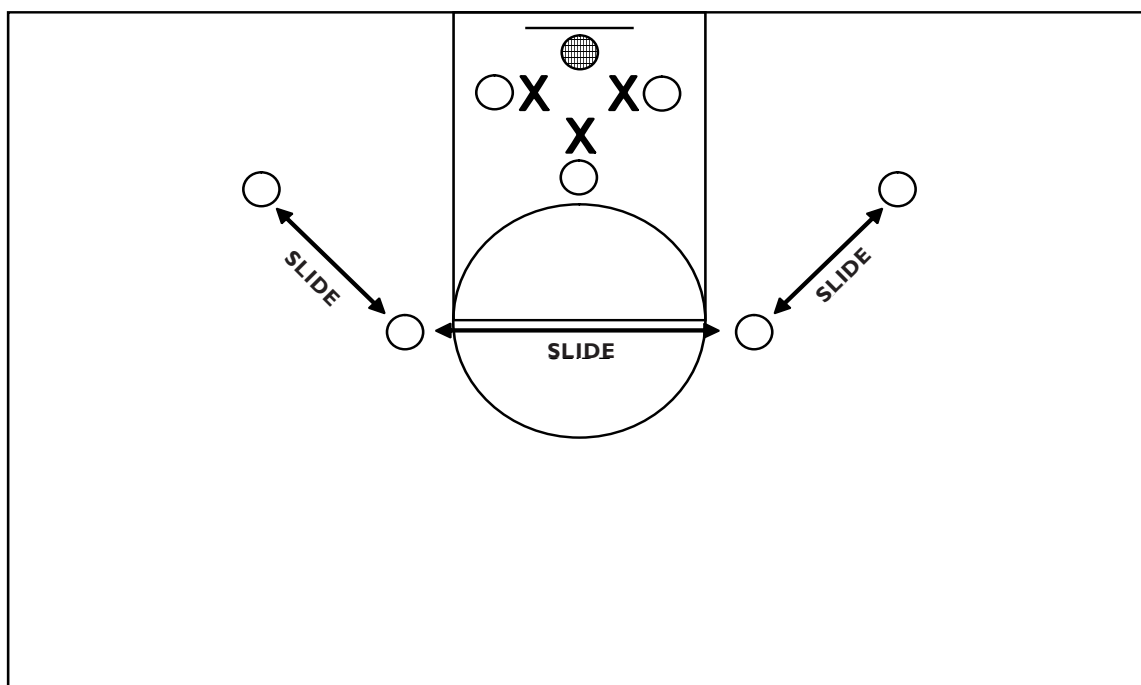


S H O O T I N G



CIRCUIT DRILL

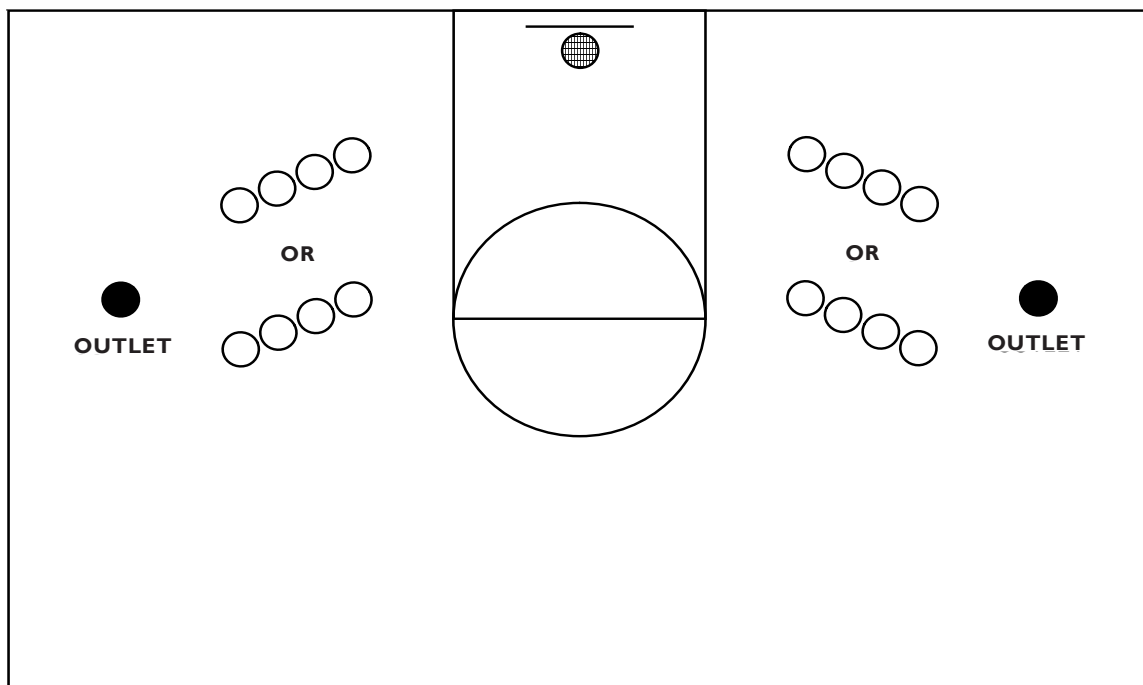
Players must shoot 10 shots, one from each of the numbered areas, in sequence. The player with the highest percentage wins. Shots 2 and 10 are lay ups. The player must rebound their own shots.



TOM'S DRILL

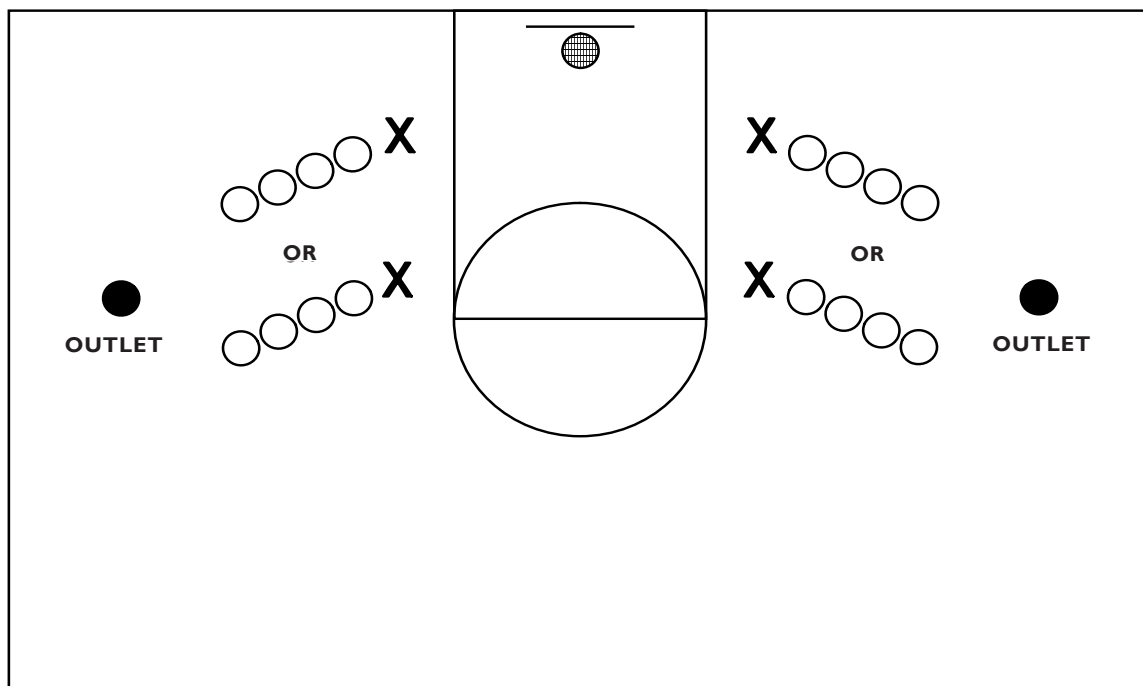
The shooter starts out at either corner of the free throw lane, takes a shot and either slides from corner to corner, or from the corner to the outside. Rebounders can practice boxing out under the hoop. The rebounder who gets the ball will pass the ball to the next shooting spot.

S H O O T I N G



COMPETITIVE SHOOTING

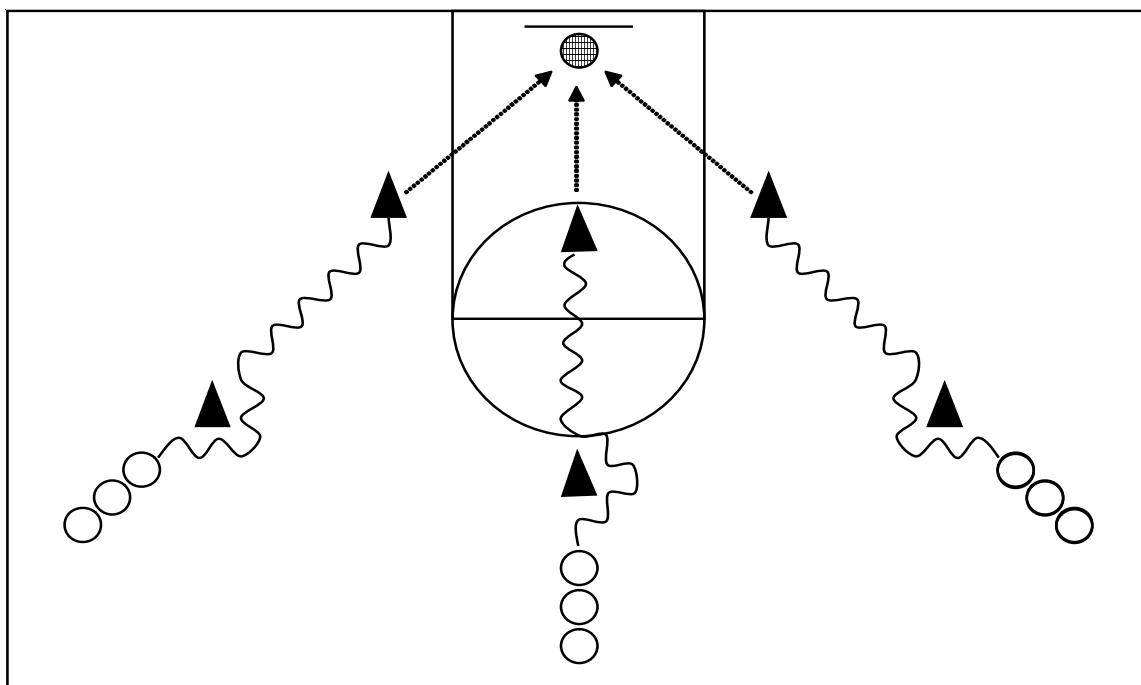
Split the players in half forming two teams. Choose a spot on the court to shoot from. Have shooters take a shot, get the rebound, then pass to the outlet. Shooters only get one shot. The first team to 10 wins.



JUMPERS

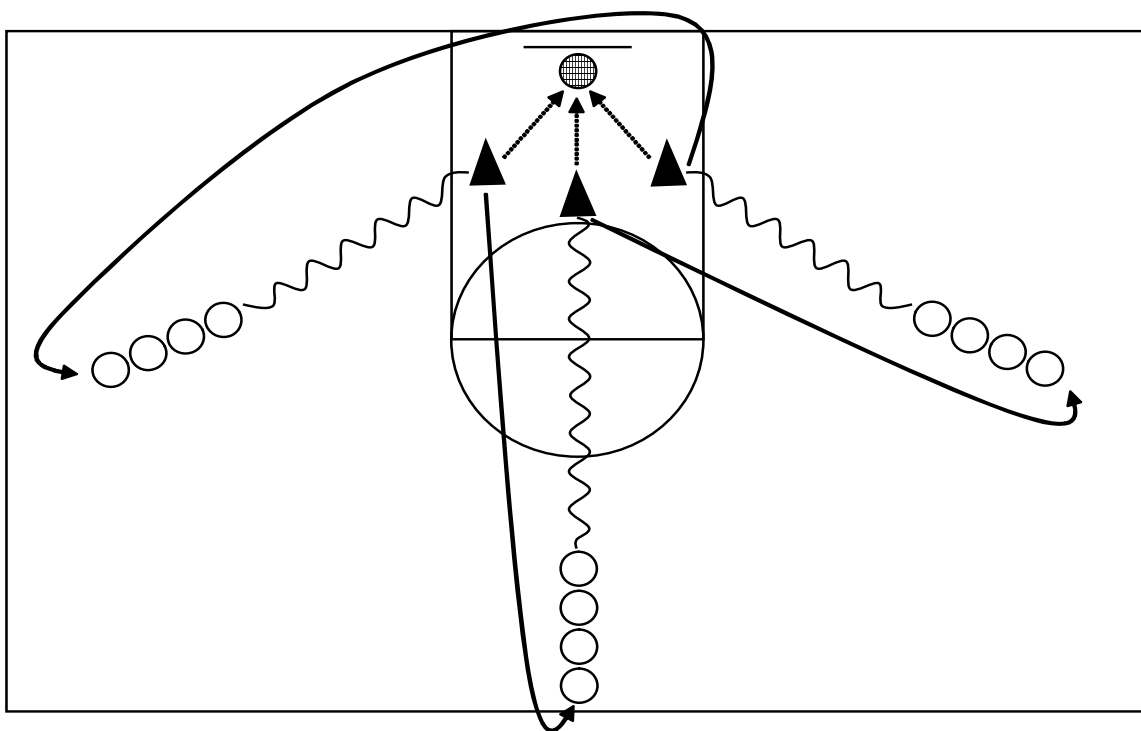
This drill is similar to the Competitive Shooting Drill, but a defender is added. The defender (X) waves a hand in the face of the shooters, but do not block the shot. The defender gets the rebound, passes to the outlet and goes to the back of the line. The shooter then goes on defense.

S H O O T I N G



FAKE 'EM OUT OF THEIR SHOES

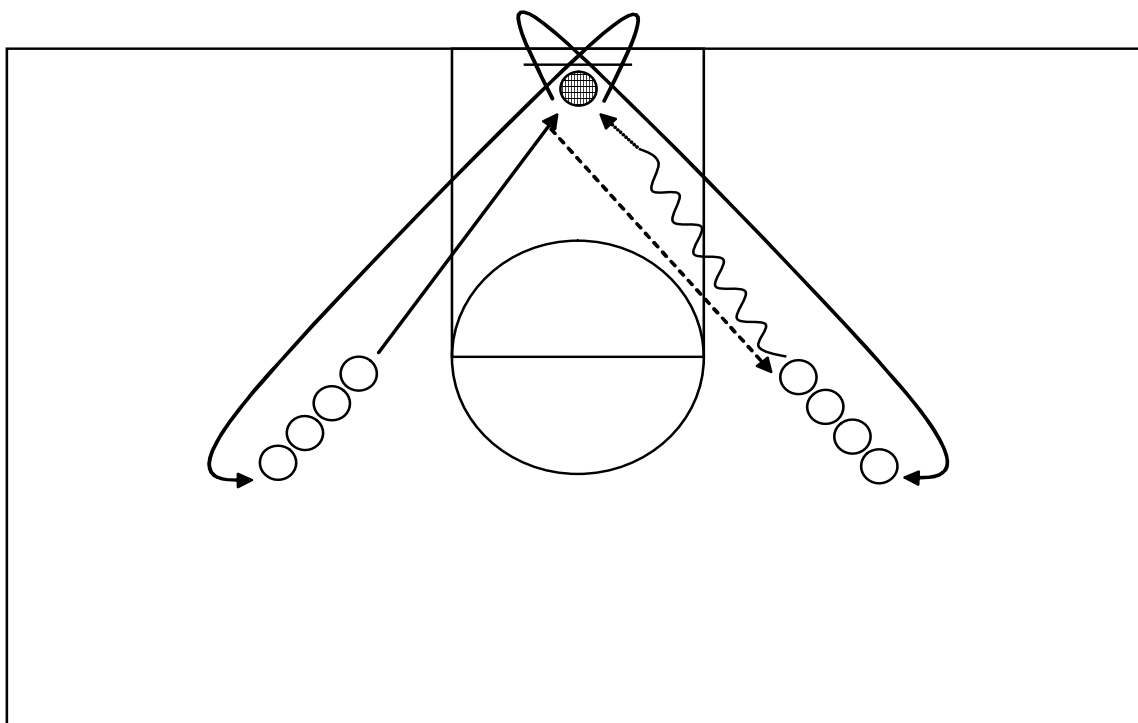
Each player faces chairs representing the defense. With a strong fake one way, a player rolls around the opposite side, dribbles up the the next chair, stops abruptly, gives a head fake and shoots. After rebounding the ball, each player goes to a different line.



CONE DRILL

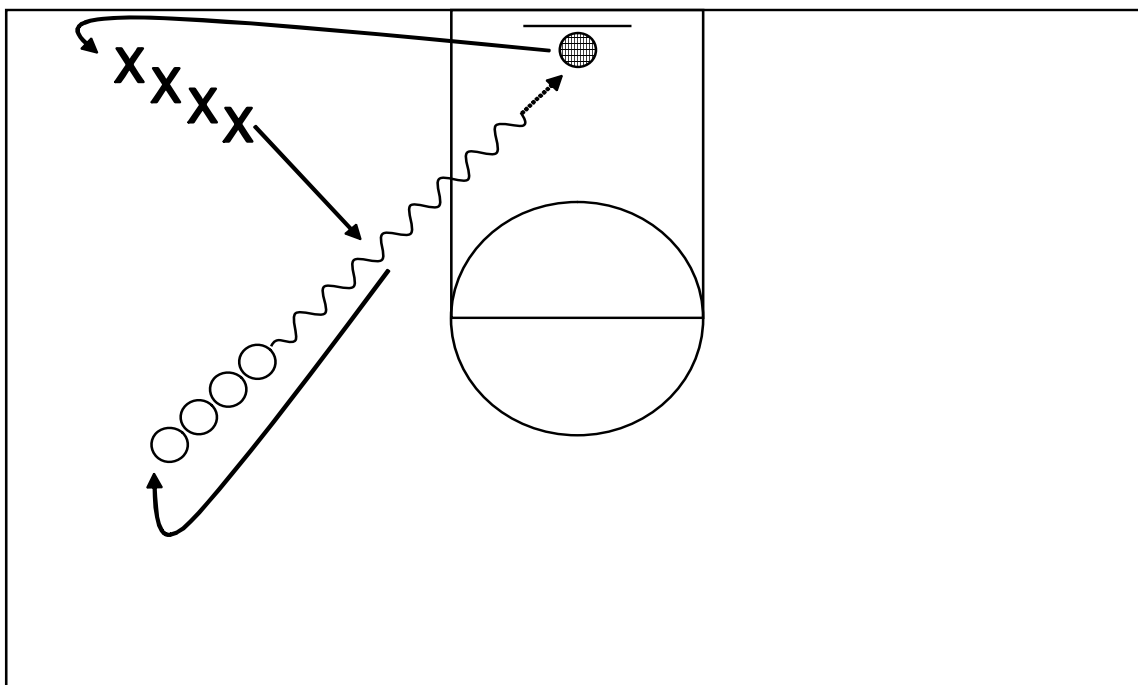
Have players dribble up to the cone and shoot a jump shot. This forces them to go straight up. Make sure they are landing with feet shoulder width apart providing a more solid base. This will also help when they start rebounding.

S H O O T I N G



STANDARD LAY UP DRILL

The team forms two lines, one rebounds, the other drives to make the lay up, usually starting on the right side. The rebounder gets the ball, passes it to the next shooter and gets in the shooting line. When all players have shot a right handed lay up, switch to the left side, then center. Using the left hand on the left side is encouraged, but may be too difficult for younger players.



POWER DRILL

The first player on offense (o) drives in for the lay up. The defender (x) steps up and fouls the shooter (please remind players to use discretion). This is an excellent drill for learning to get a shot off under control despite physical contact.

POSITIONS & MOVEMENT

Ready Position

This is the most basic position to use when playing basketball. Teach players to stand relaxed with legs spread shoulder width apart, arms, hips and knees bent, back straight, head up, weight shifted slightly forward, and on the balls of the feet. The ready position allows players to run forward and backward, pivot, cut, jump, slide from side to side, and receive a pass.

Triple Threat Position

This position is similar to the “ready position,” but the player has the ball. The shoulders should be square to the basket preparing the player to drive, pass or shoot.

Jump Stop

This is one of the best ways to avoid a traveling violation when stopping. To stop, both feet should hit the court simultaneously, landing in a balanced, ready position. By using the jump stop, the player has control over the forward momentum, and allows either foot to be used as a pivot foot.



Pivots

To pivot, the player stops, turning on one foot moving forward or backward. When a player chooses their pivot foot, they may not change the pivot foot while still in possession of the ball. By pivoting, the player can pass to a teammate, protect the ball, and make a move to the basket.

Cuts

enable offensive players to change direction quickly to try to “lose” their defenders. Players can shift momentum by planting one foot at the end of a stride and push off into another direction. The most effective cuts are the “V-Cut”, “L-Cut” and “Backdoor Cut.” (See diagrams)

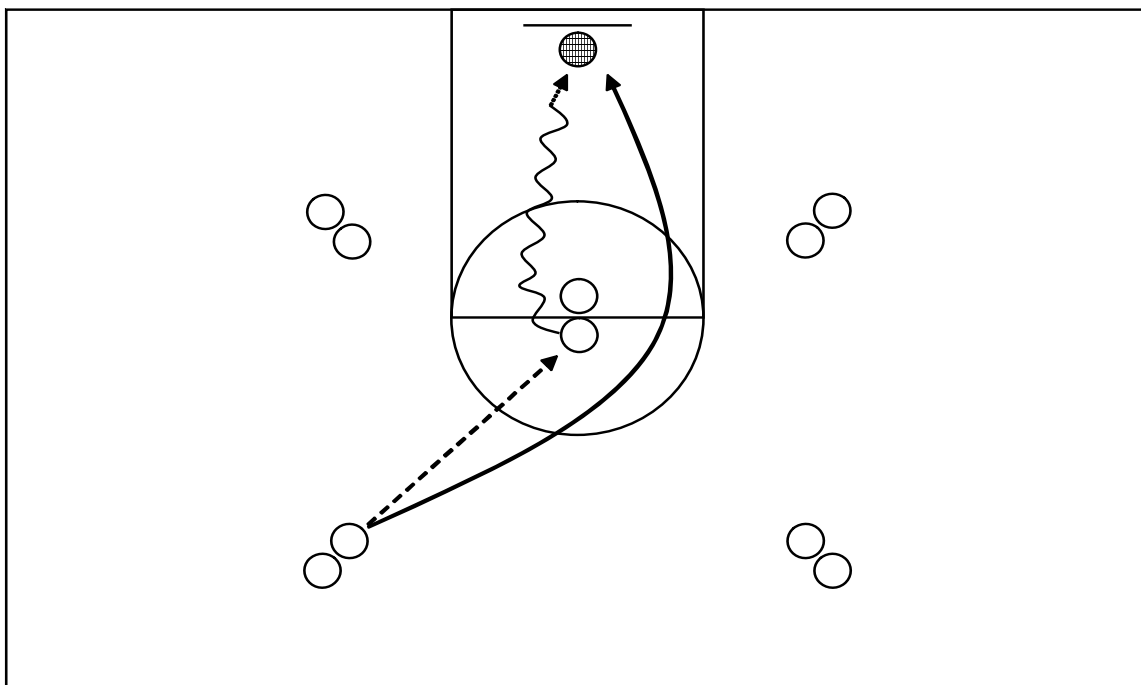
Rocker Step

The rocker step can be used to the right or the left. Step forward with the lead foot and go by the defender. The rocker step can be used as a “fake,” by stepping to the right or left, then pulling back and shooting, or vice versa. You can also fake the shot, cross over and drive in the opposite direction.

Screen and Roll (Pick and Roll)

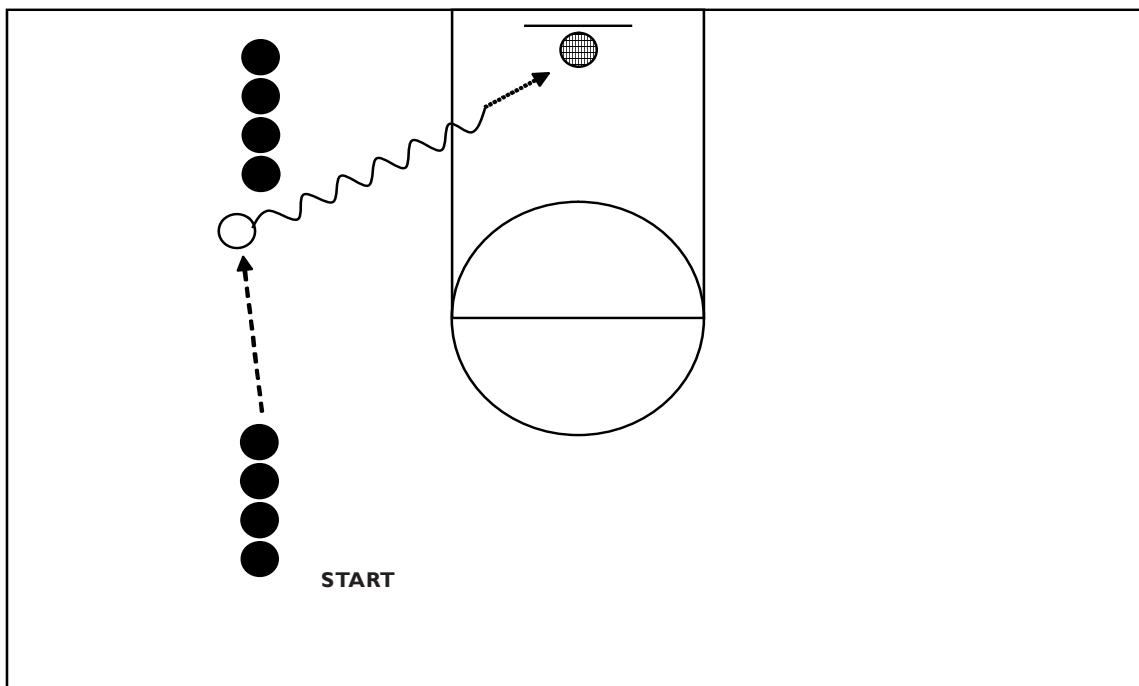
This play involves two offensive players in which one offensive player without the ball screens the defender on the ball, allowing the player with the ball to drive to the hoop. Off ball offensive players may also screen the defender of another off ball offensive player there by allowing that offensive player to move to the open spot to receive a pass. The screener can then roll out to receive a pass as well.

P I V O T S



PIVOT FROM THE OFFENSE

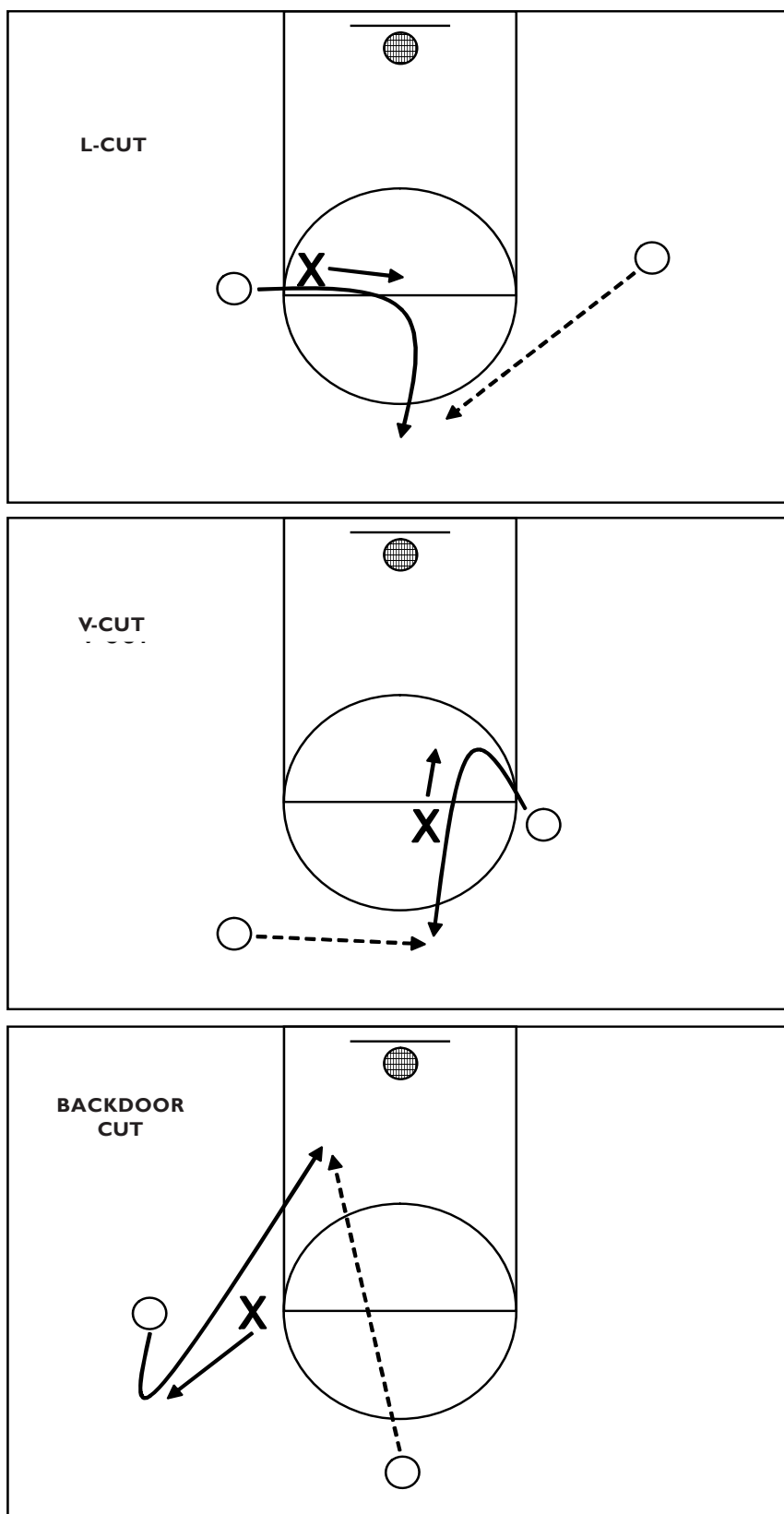
This drill allows the center to roll in for a shot after receiving a pass. The pass may be initiated from any of the four outside positions into the center. The passer follows quickly, cutting by the receiving center, into the lane. The center fakes a handoff one way to the passer, then pivots and dribbles in for a shot. Each player returns to a line: guards to one of the guard lines, center to the center's line, and forwards to one of the forward's lines. The center rebounds his own shot and quickly passes the ball out to any of the four outside positions to set up the next sequence.



DRIBBLE, PIVOT & SCORE DRILL

The ball is passed to the player moving in the direction of the pass. When the pass is caught, the player then stops and pivots toward the basket, then drives in for the lay up. A defender may be added to this drill to simulate a game situation with pressure from the defense.

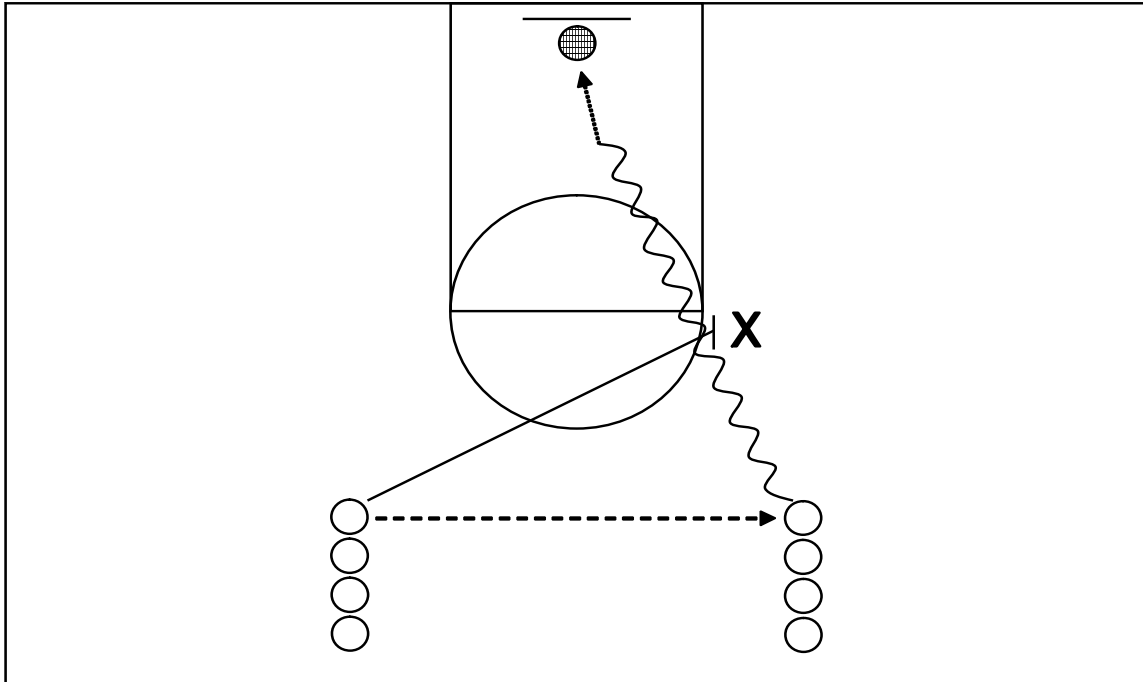
CUTS



EFFECTIVE CUTS

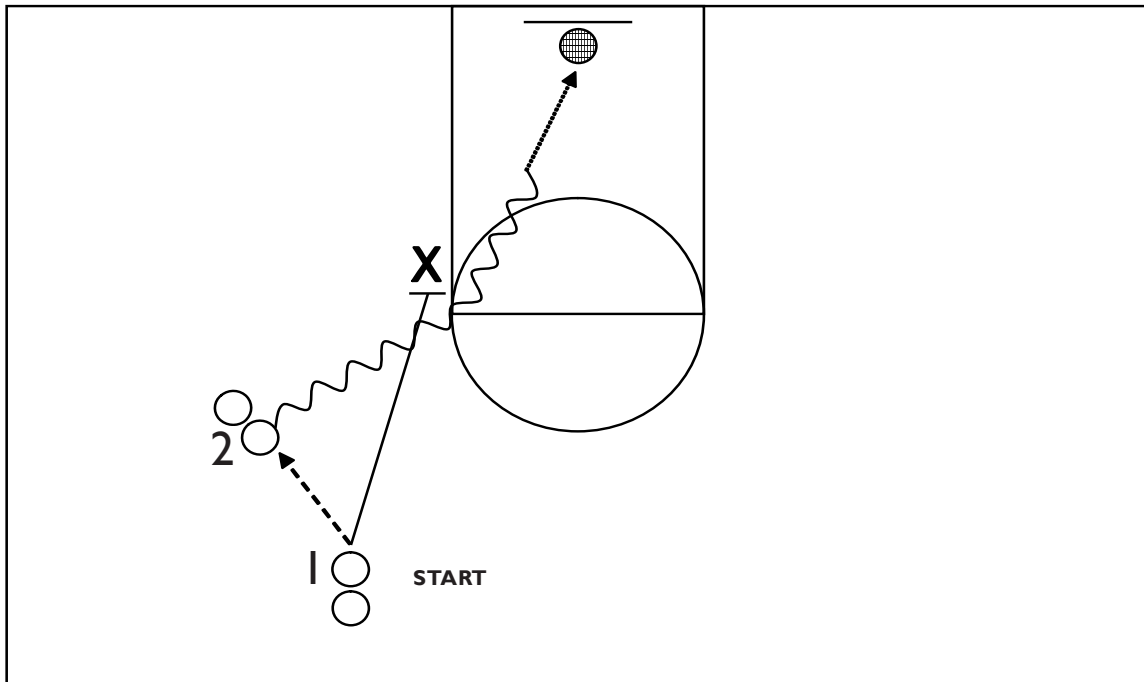
Using cuts is a good way of losing a defender who is playing closely to the offense. Have players plant their foot at the end of a stride then push off that foot and shift momentum in another direction. Three effective cuts used by offensive players are the, “L-Cut”, “V-Cut”, and the “Backdoor Cut”.

S C R E E N S



SCREENING DRILL

The player on the left passes to the shooting line and breaks with the pass to set a screen. The receiver dribbles to the screen, breaks around, drives in for the lay up, gets the rebound and passes to the shooting line. That player goes to the rear of the screening line, and the screener goes to the end of the shooting line.



FIGHT-THROUGH DRILL

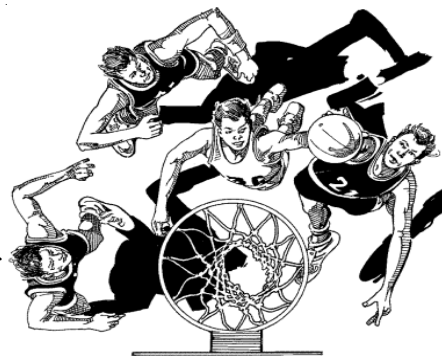
(1) passes to (2) and follows the pass to screen off the defender (x). Then (2) takes the pass and tries to use (1's) screen. The defender tries to roll around and through with (2), and if he cannot, he recovers and picks up (2) on the other side of the screen to stop the lay up.

REBOUNDING

Rebounding is both an offensive and a defensive skill.

When a shot is taken-

- ◆ Assume the shot will be missed.
- ◆ Determine the trajectory of the ball. Most shots taken from the side are likely to rebound on the opposite side.
- ◆ Move quickly.
- ◆ “Box-Out” by positioning yourself between the opponent and the basket, and putting your rear in contact with the opponent’s body until releasing to jump for the rebound.
- ◆ Use a front and/or rear pivot to better position yourself.
- ◆ Jump straight up for the rebound and avoid reaching over the back of an opponent or a foul will be called.
- ◆ Grab the ball firmly; keep it at chin level with elbows out.
- ◆ Either quickly pass to an outlet if on defense, or shoot if on offense.



DRILLS

Sky and Score

This drill improves timing for offensive rebounding. Have all players line up at the free throw line. Coach takes a shot, purposely missing and the first player in line gets the rebound and puts the shot back up. Vary the missed shots so players can watch to see where the ball will rebound and anticipate where to position themselves.

Glass Cleaner

Using this drill will help players with boxing out techniques and outlet passing. Have the team line up at the top of the key. Have two players move down into the lane, and a third move to an outlet position. Coach stands at the free throw line and the two players in the lane are rebounders. The player closest to the basket is on defense and yells “shot” when the coach shoots. The defender must box-out the offensive player, get the rebound and quickly pass it to the outlet. The outlet passes the ball to the coach and goes to the end of the line at the top of the key. The offensive rebounder is now on defense, and the defensive rebounder becomes the outlet, and the first person in line becomes the offensive rebounder.

Burnout

Three players start out in the key as rebounders, and the coach or teammate takes shots, trying to miss, from outside of the key. The sole objective of the rebounder is to get every rebound that does not go through the hoop. When a player gets a rebound, the other two rebounders play defense and try to stop him from scoring. Continue the drill until a player makes three baskets.

Three on Three Box Out

Three players are on offense, three are on defense. The coach shoots the ball trying to miss. The defenders must box-out the offense, get the rebound, and prevent them from scoring.

OFFENSIVE STRATEGY

Offensive Strategy

- ◆ Keep the court balanced by avoiding bunching up, and move to the open spot.
- ◆ Try to penetrate the defense by dribbling or passing.
- ◆ Create scoring opportunities on the inside. Outside shots have a lower percentage of going in.
- ◆ Make use of screen and roll.
- ◆ Set a screen in a direction that lets the ball handler move to the basket or to the ball.
- ◆ Teach players to “screen away” from the ball by setting screens on the “weak” or opposite side of the court from the ball.
- ◆ If you set the screen, once finished, pivot and roll toward the basket.
- ◆ Use “V-Cuts,” “L-Cuts,” and “Backdoor Cuts.”
- ◆ Avoid low percentage shots by being patient, and passing until a better shot opens up.
- ◆ If the ball handler has stopped the dribble, the other offensive players must move quickly to open up for the pass.



Moving Without the Ball

It is important to be constantly moving on offense. Players should focus on changing pace, and direction opening oneself up. Pivoting plays a big role in changing direction, and if done correctly and effectively, can give the offense an advantage. Using head and body fakes to simulate a change in direction causes the defender to change direction and move his feet while the offensive player is stable.

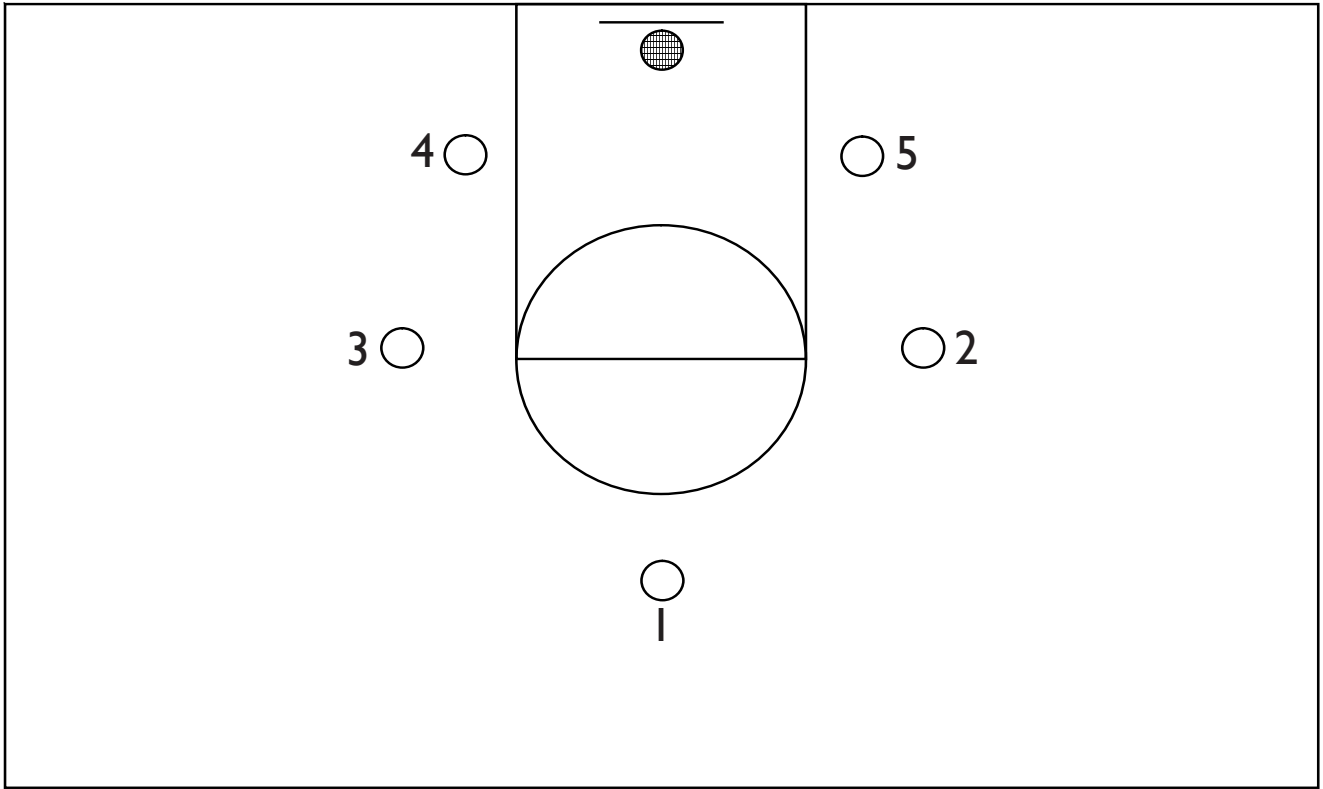
Basic 1-2-2 Offensive Formation (See Diagram on next page)

The players in a 1-2-2 formation include the point guard (1), the two wings (2 and 3) and two forwards (4 and 5). The 1-2-2 offensive formation is beneficial in that the passes around the perimeter are fairly short and at an angle which is difficult to steal. The outside three players (1, 2, 3) form a passing triangle. When facing a man-to-man defense, it is a good idea for the two wings to spread out farther drawing the defenders out opening up the pass to the forwards.

DRILLS

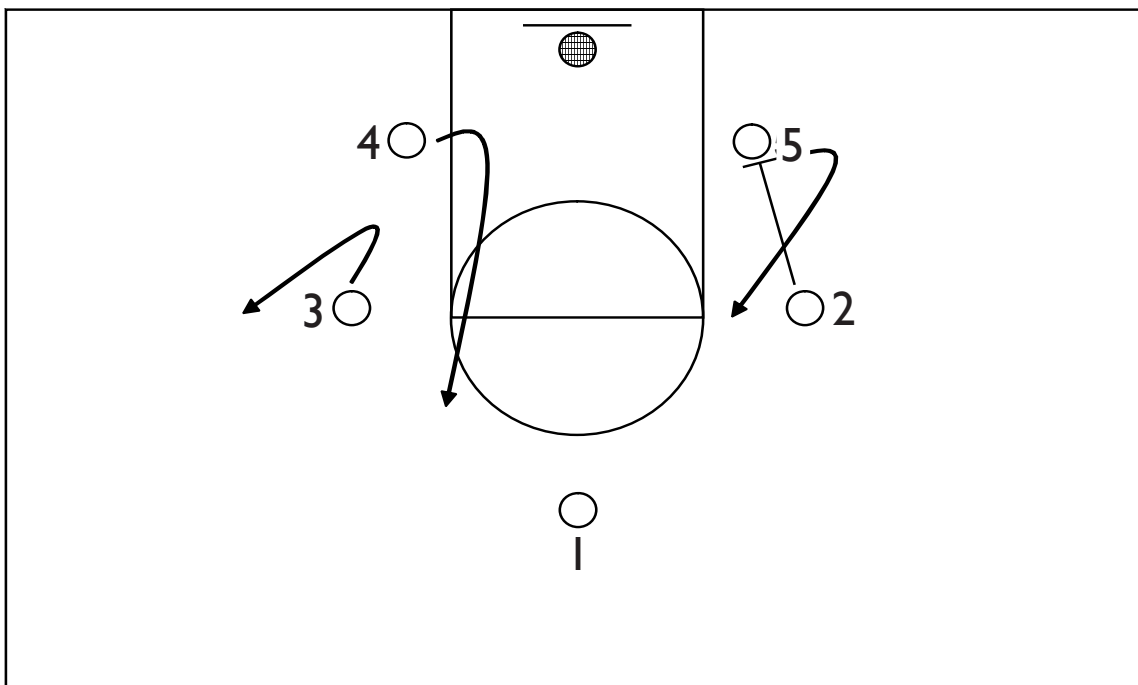
Moving Triangle

Set up in a 1-2-2 formation. The point guard has the ball at the top of the key. The two wings make a “V-cut” and one or the other receives a pass. The point guard then goes to screen the defender guarding the opposite wing. The player uses the screen and moves open for the pass. Emphasize waiting for the screen to be set, and the screener to roll to the basket.



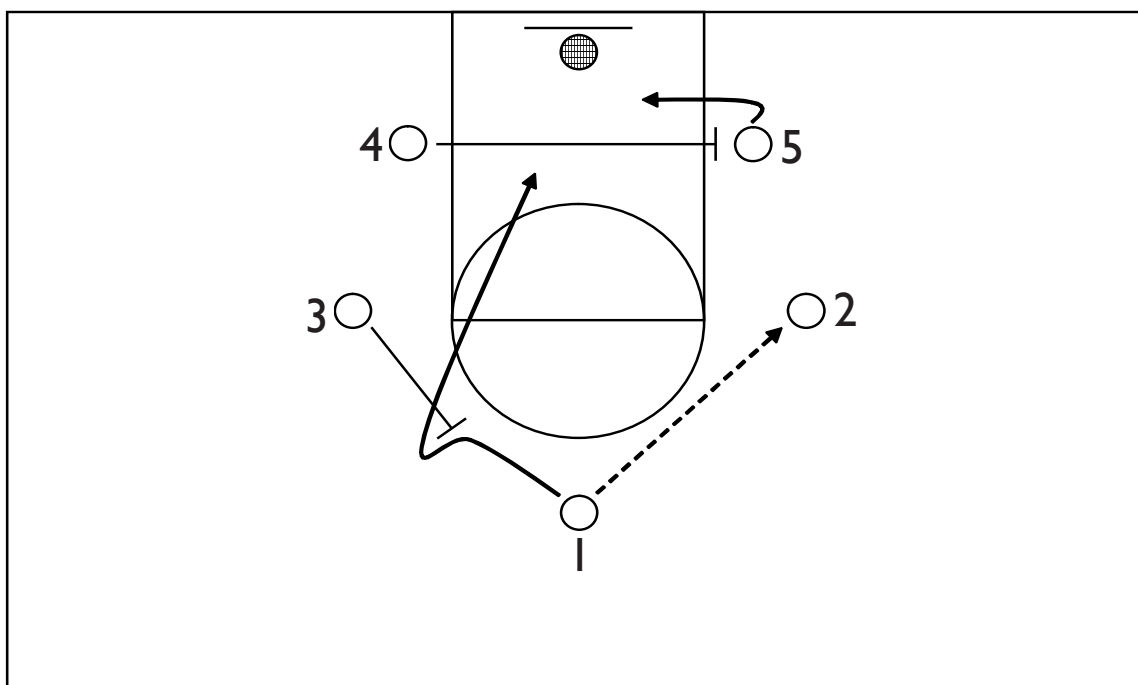
BASIC FLOOR POSITION

This 1-2-2 formation represents a basic passing game offense. Modifications can be made.



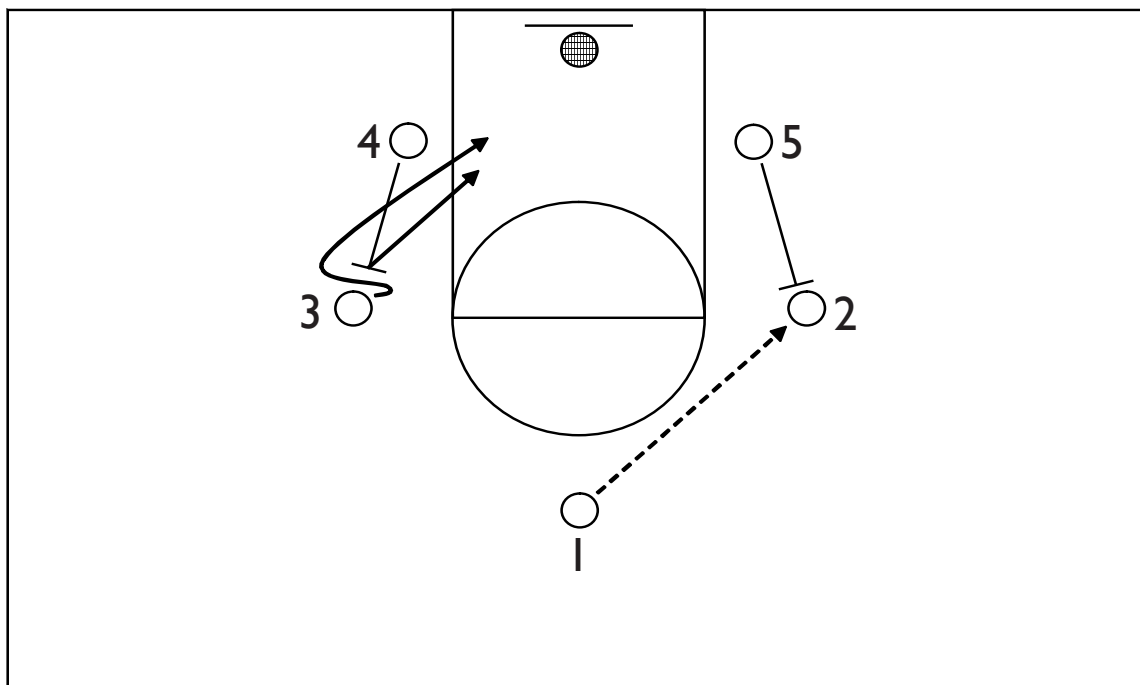
MOTION OFFENSE

Players spread out on the court keeping the floor balanced with (1) starting with the ball on top. Players “V-Cut”, or “L-Cut” trying to get open for the pass, or set screens for each other to open up a pass opportunity.



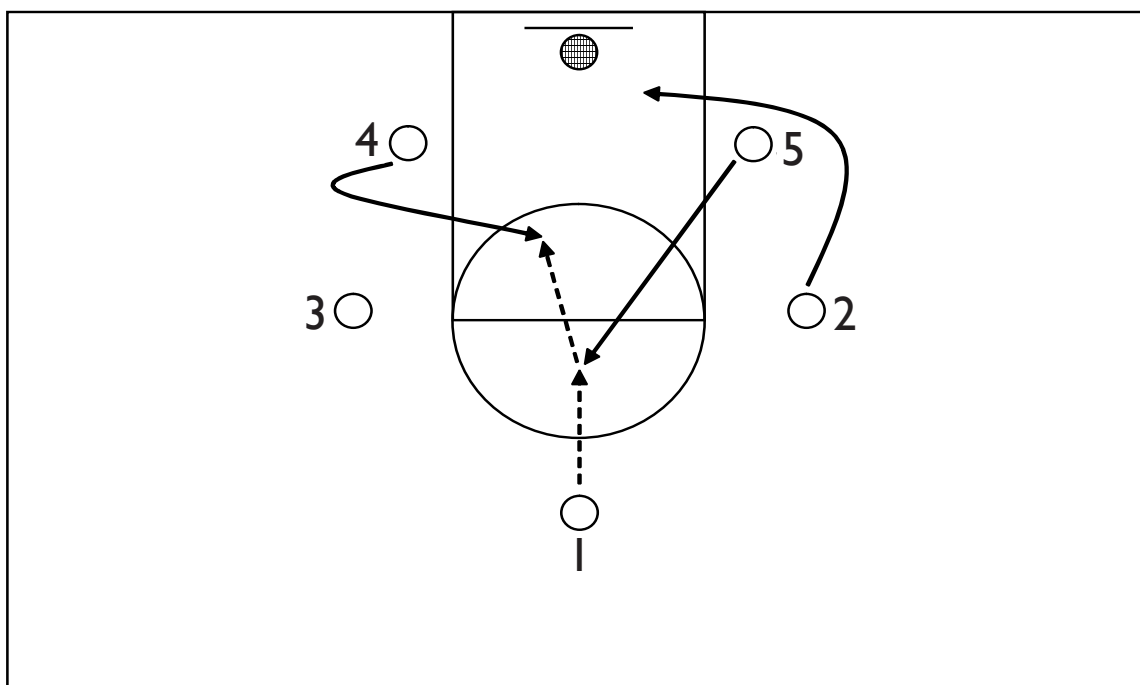
OFFENSIVE PLAY #1

The offense sets up a 1-2-2 formation with player (1) starting out with the ball at the top. (1) then passes to (2) and rolls off (3's) screen creating an opportunity for a pass. At the same time, (4) sets a screen for (5) opening up for a pass as well.



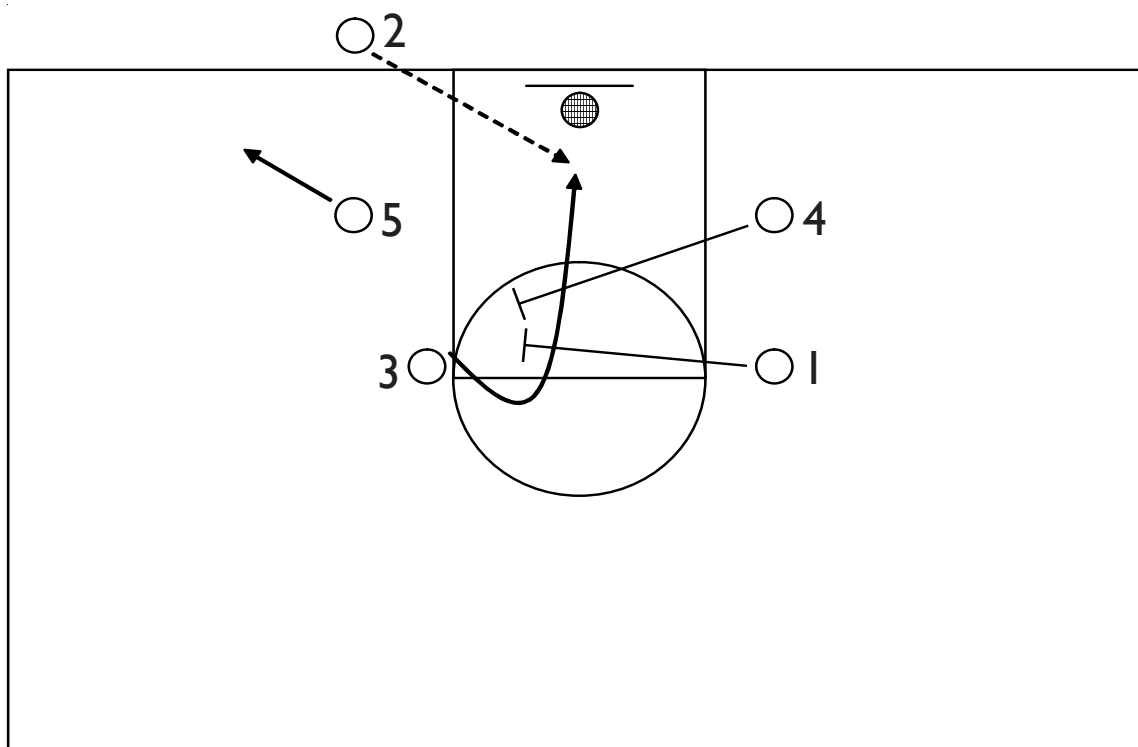
OFFENSIVE PLAY #2

Player (1) starts with the ball at the top and passes to (2). (2) may either shoot over (5's) screen or use the screen and drive to the basket. At the same time, (4) sets a screen for (3) who fakes to the middle and rolls off the screen. (4) rolls to the middle as well.



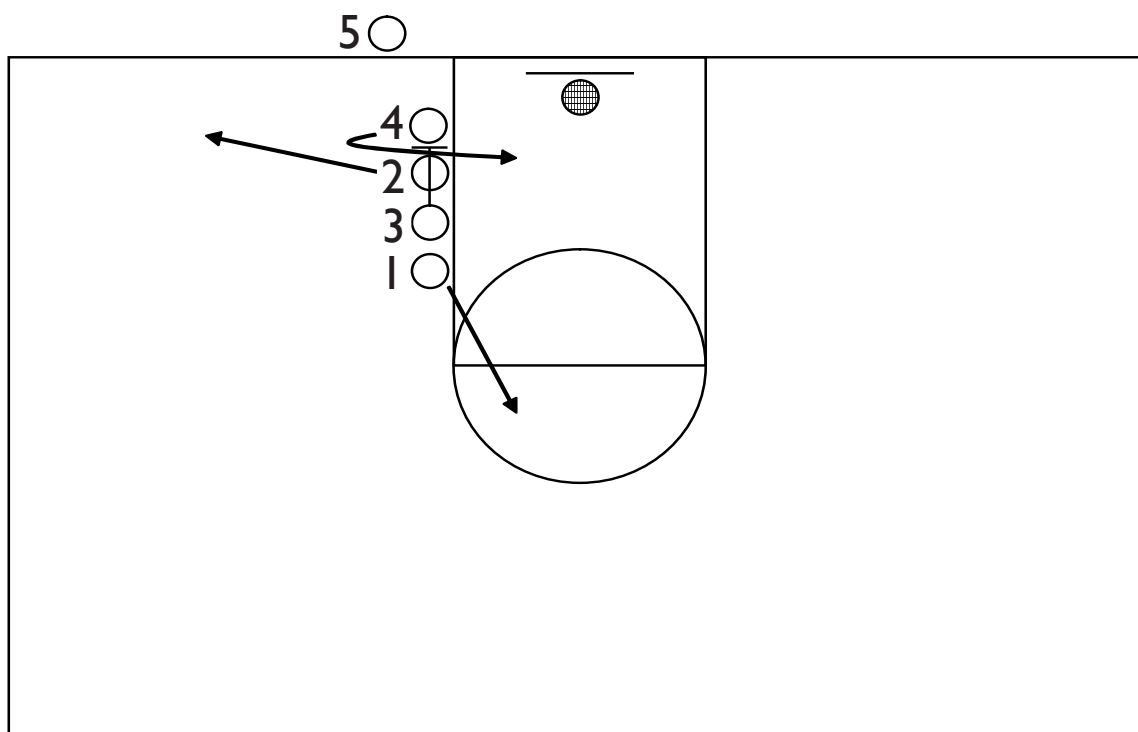
OFFENSIVE PLAY #3

The offense sets up in a 1-2-2 formation with the point guard starting out with the ball at the top. Player (5) takes the pass, pivots and hits (4) as he rolls off (3's) screen. Meanwhile, (2) is coming around back door opening up for the pass if (4) is not open.



BASIC INBOUNDS PLAY

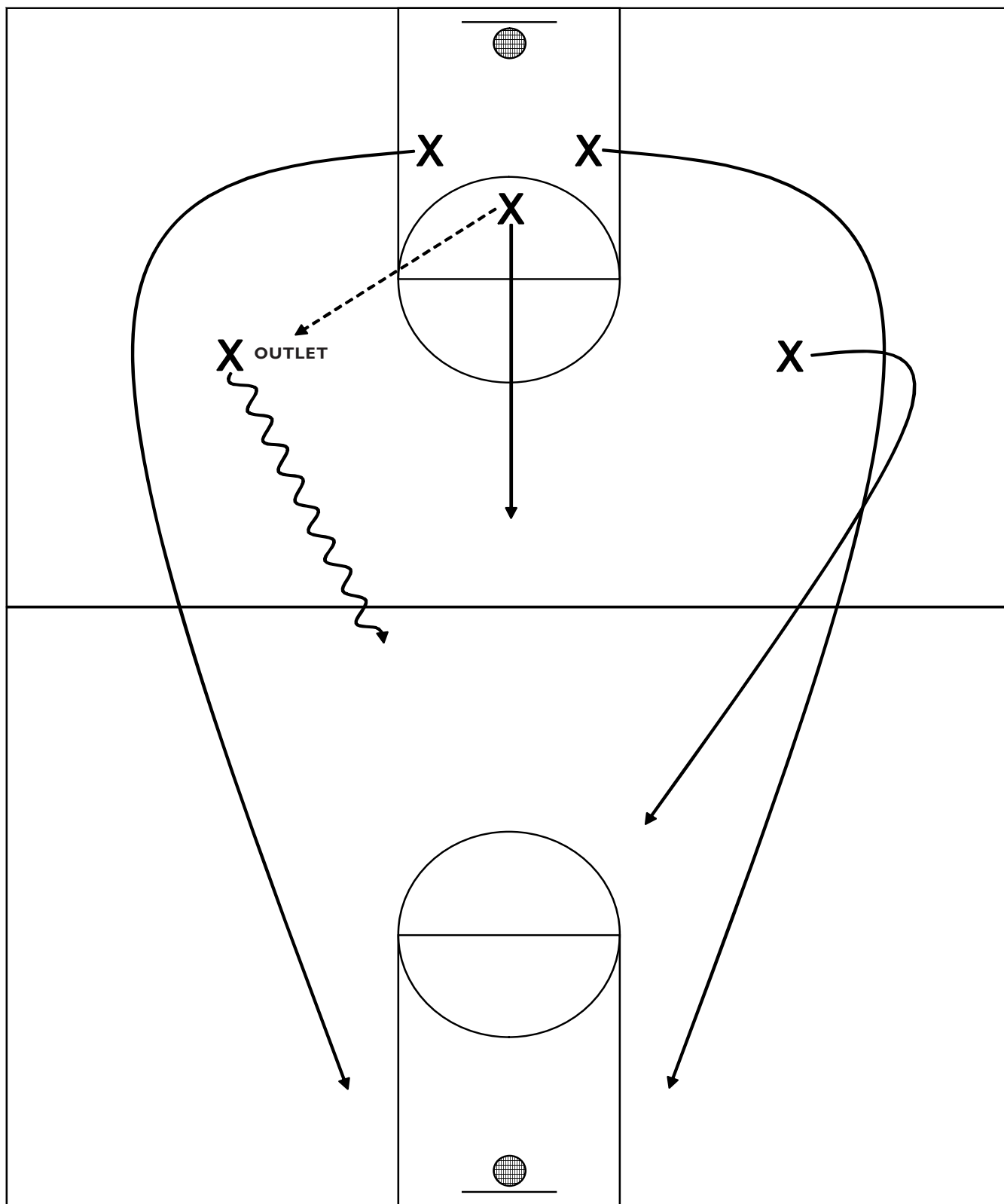
Player (2) passes the ball in at the baseline. (4) and (1) set a screen for (3) who rolls off the screen to the basket for the pass. Player (5) cuts to the outside to create a pass opportunity as well.



STACK

Players (1), (2), (3), and (4) stack themselves in the lane while (5) passes the ball. When (5) starts the inbounds play, (1) drops back to the top of the key, (2) slides out to the side, and (3) screens for (4) who rolls to the basket. The order in which the players stack themselves can vary.

SIMPLIFIED FAST BREAK



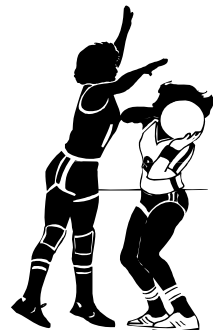
SIMPLIFIED FAST BREAK

The rebounder passes the ball to the nearest outlet (usually a guard), who takes the ball up the middle. Whichever guard did not get the outlet pass fills the lane on his side. The rebounder then follows up as a trailer in the middle. Forwards who were not rebounders fill their side lanes also.

DEFENSIVE STRATEGY

Defensive Strategy

- ◆ Open up to the ball with one hand pointing toward your man and the other toward the ball.
- ◆ Emphasize protecting the basket.
- ◆ Force the offense to make outside shots.
- ◆ Stay between your man and the basket at all times.
- ◆ Try to keep your eye on your offensive player and the ball.
- ◆ Always stand in the ready position. Never cross your legs.
- ◆ Be aggressive, but do not charge the opponent.
- ◆ Hustle back on defense when your team loses possession of the ball.
- ◆ Talk on defense. Warn teammates of possible screens or cuts.
- ◆ In the event of a fast break, the first player on defense should immediately cover the basket positioning themselves at least eight feet from the basket.
- ◆ If the ball is on one side of the court, the defender on the “weak side” may help, or “sag” into the middle staying within six feet of his man.



DRILLS

Mirror Drill

This drill works on sliding, running, attacking, and retreat steps. Start in the middle of the court in the proper defensive stance. If you have a partner to mirror, do what they do. Start by using a quick stutter step or foot-fire drill, then slide in all directions, retreat, attack, and close out.

Horizontal Rope

This drill helps develop leg strength and quickness, balance and improves your vertical jump. Have a 12-inch rope connected to two chairs about two feet apart, and about six inches off the ground. Jump back and forth with both feet for 30 seconds, then rest for 30 seconds, and repeat three times. As you improve, raise the rope to a maximum of 12 inches.



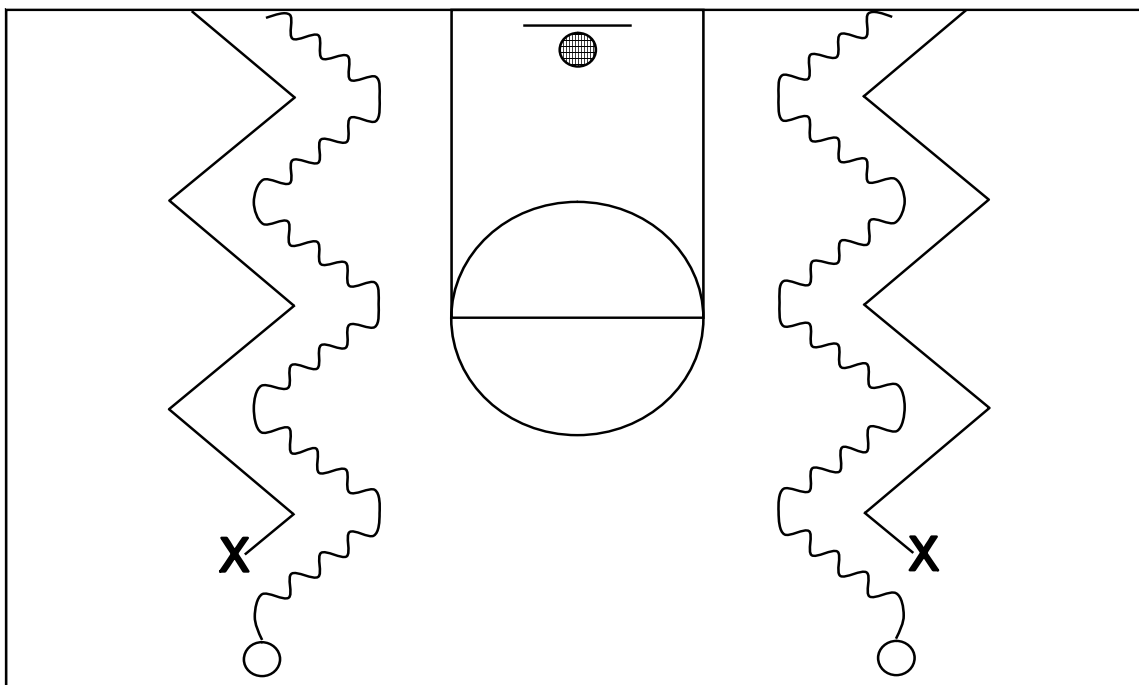
ZigZag

Use this drill to improve footwork when defending dribblers. Pair up players and have them line up on the baseline. One player in each pair has a ball and dribbles from one end of the court to the other in a zigzag formation while the defender tries to move with the dribbler. Then have the players switch roles. Focus on the ready position, footwork, and staying an arm's distance from the dribbler.

Cut the Cutter

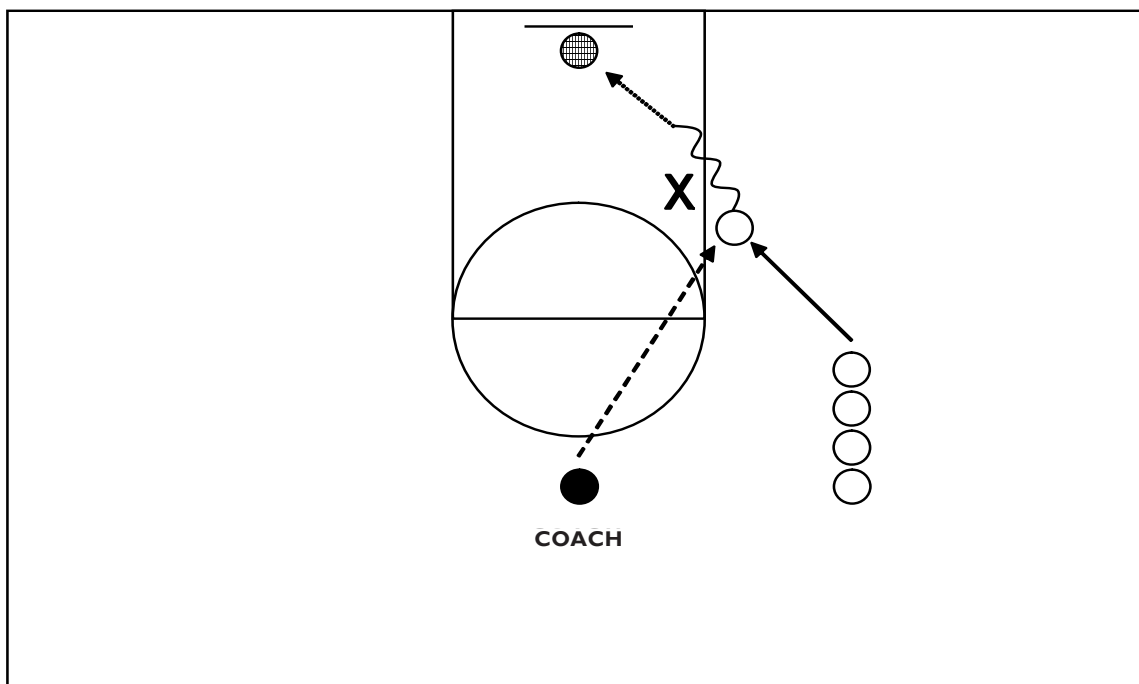
This drill gives the opportunity for the defender to practice against players who are trying to get open. Two offensive players are at the top of the key. One player is on the block trying to get open for the pass by cutting out to the wing and cutting back inside. The defender tries to keep up with the offensive player, and deny the pass. Emphasize denying the pass, using peripheral vision, always having an eye on the ball and the offensive player, and trying to beat the offensive player to the spot.

DEFENSE



MAN TO MAN DRILL

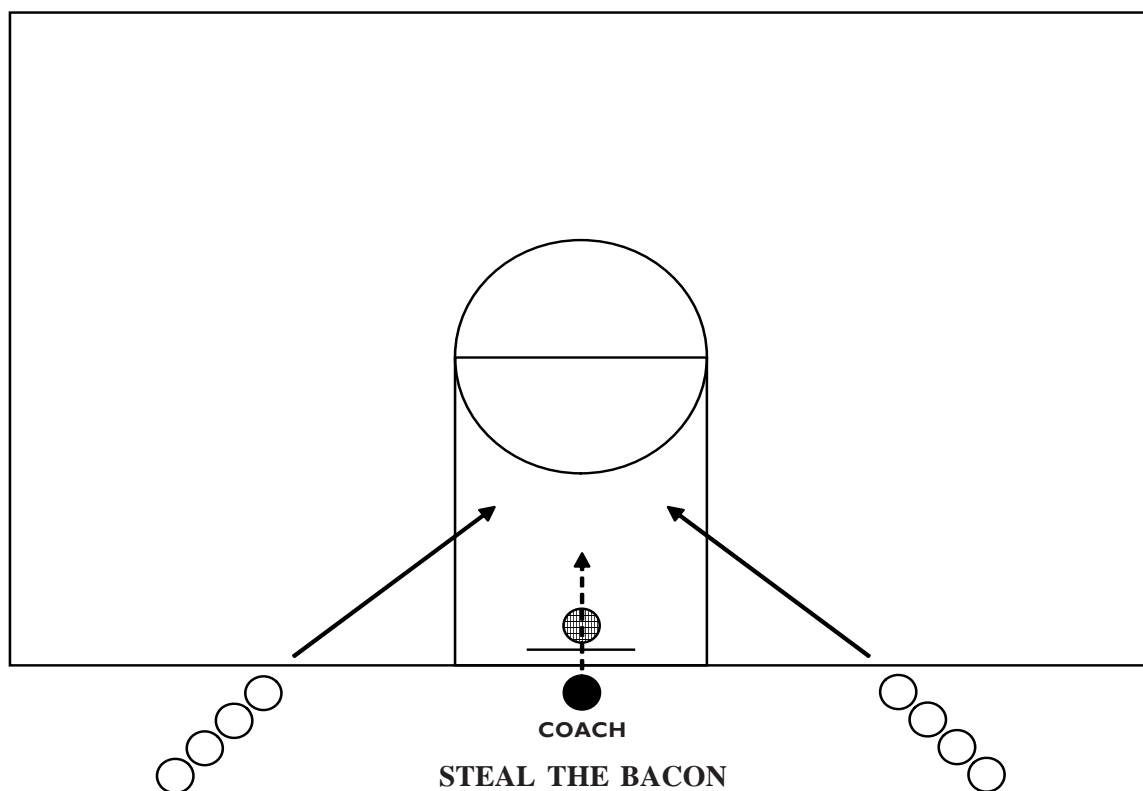
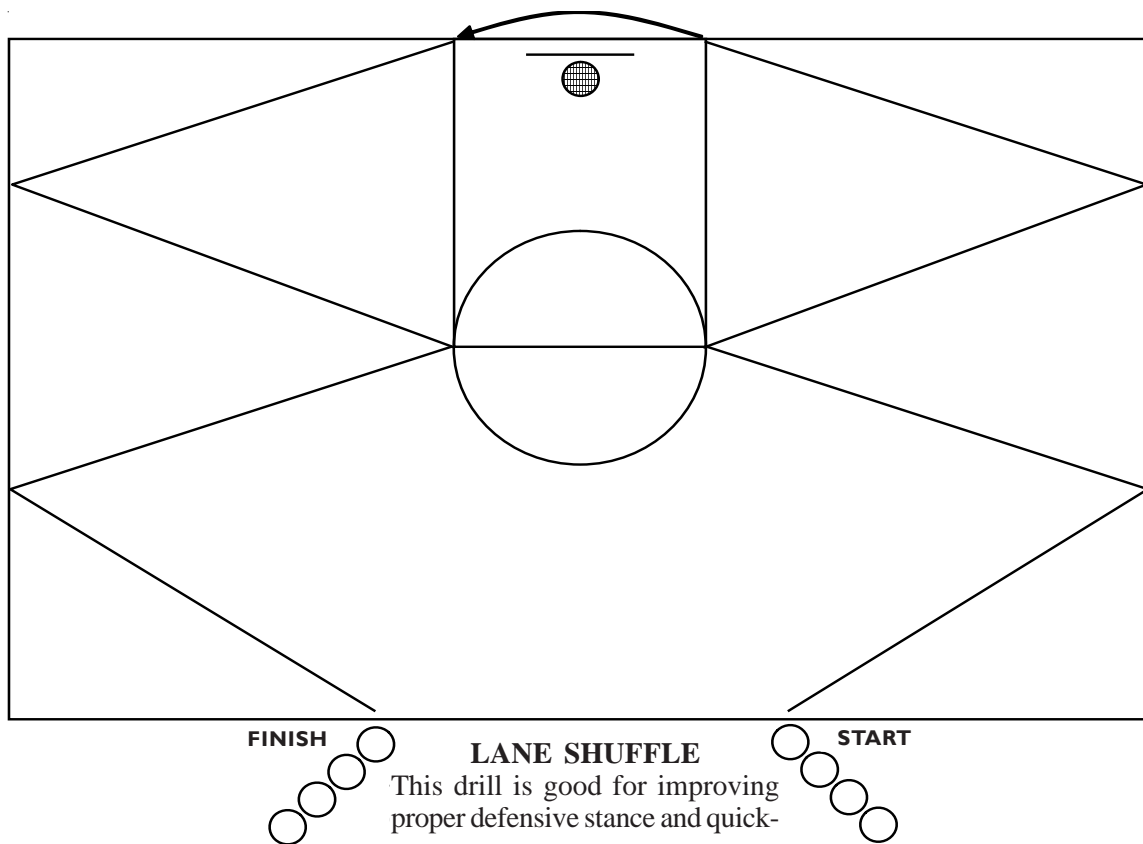
Pair off players with one on offense and one on defense. The offensive player has the ball and tries to dribble to the baseline. For the defender, the object of this drill is to prevent the offensive player from reaching the baseline. Make sure the defender is in the proper defensive stance sliding the feet and trying to make the dribbler go to his/her weaker side.



PREVENT THE PASS DRILL

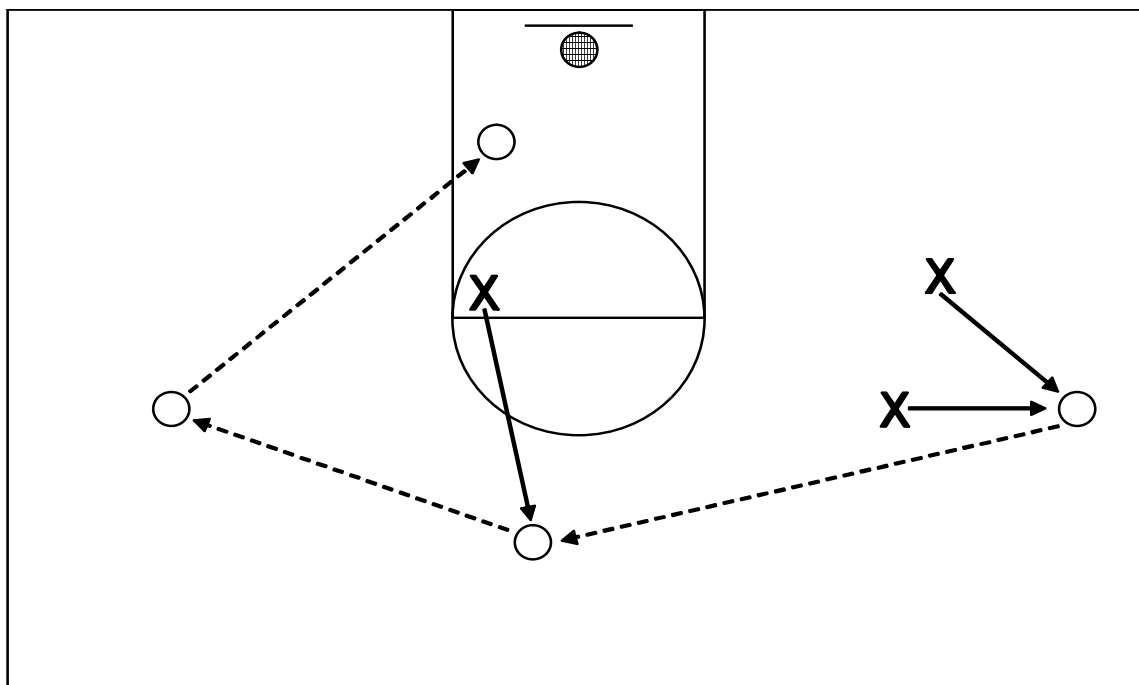
A coach or teammate starts with the ball. The offensive player tries to get free from the defender to take a pass and drive in for the lay up. Focus on man - ball reaction.

DEFENSE



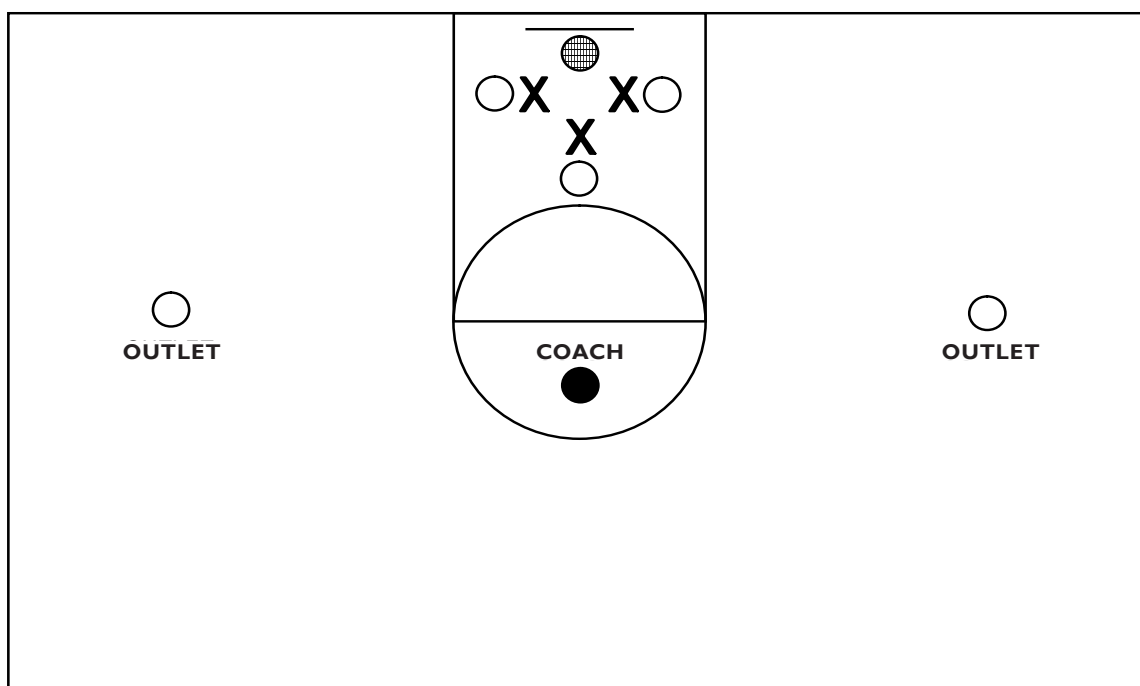
A coach starts with the ball under the hoop while players form two lines on either side. The coach can throw the ball, roll it, bounce it, etc., and the first two players in line scramble to get the ball and score. The player who fails to get the ball is on defense. The two play until a basket is made.

DEFENSE



WILD BULL DRILL

The (x's) are the "Wild Bulls." They may do anything short of injuring an opposing player. Since there are four (Os), they should be able to pass the ball around quickly before a wild bull can steal the ball. When a pass is touched, the bull goes on offense and a new bull comes in.



BOX OUT DRILL

A coach shoots and players pivot with the shot, trying to box out the opposing player behind them as they rebound the ball. If the offensive team gets the rebound, the player immediately puts the shot back up. If the defensive teams gets the rebound, they immediately pass to the outlet. This may also be used as a fast break drill if there is access to a full court.

FIRST AID

It is very important that we follow the proper steps to ensure the safety of the players in our program. We appreciate and thank you for the time and effort you give to the kids and our community and would like to offer up some tips on how to deal with First Aid situations.

When handling first aid issues please remember to take all necessary precautions.

Here is a list of suggested supplies you may want to have on hand during your mid-week basketball practices:

1. Band Aids
2. Gauze Pads
3. Rubber Gloves
4. Ice Packs
5. Athletic Tape

Things to remember:

1. A good rule of thumb is – anything more than a band aid or ice pack – call 911.
2. If a sustained injury is more serious or 911 is called, please contact the child's parent or guardian immediately as well as the Issaquah Parks & Recreation Department at 425-837-3300.
3. If a child has an open wound or starts to bleed, he or she must not play until the wound has stopped bleeding and is covered completely with no signs of blood.
4. If a player has blood on his/her person – including clothing – he/she may not participate until all evidence of blood is gone (ie – changing clothes, etc.)
5. **Never** clean up blood with just water and a paper towel. There is a proper blood clean up solution available at the school. Please find a custodian to assist with proper blood clean up.
6. If an injury is more than a simple band aid or ice pack, please fill out a City of Issaquah Accident/ Incident Form. For a blank form please click [here](#). ASAP notify Stephanie Shimek, 425-837-3308, about the accident/incident and give her the original copy of the report(s).

If a player sustains a Head Injury or Concussion:

The new “Zackery Lystedt Law” (HB 1824) in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

For more information on head injuries and concussions please see “Heads Up: Concussion in Youth Sports” on page #9 of this Manual.

City of Issaquah FILLING OUT AN ACCIDENT/INCIDENT REPORT FORM

Accident/Incident reports should be filled out for all injuries and incidents however minor that involve personal injury to staff, participant, bystander and/or property. This includes anyone directly or indirectly involved in a Parks and Recreation facility, event, or program.

Click [here](#) to download a copy of the City of Issaquah Accident/Incident Form.

FIRST: Assess the situation (do not put yourself at risk of injury) and if there is any question about the seriousness of the injury/incident, **CALL 911**. The only first aid supplies that can be provided to the public are band aids and ice. Never administer any medications; this includes aspirin type products and ointments. If the parent/guardian of the injured child refuses treatment, ask the parent/guardian to sign the bottom of the form, do not force them to sign. (Form on following pages).

Volunteers are NEVER to comment on City liability, state their opinion, or make judgement comments to any parties in an incident.

NOTE: Do not make comments such as “I wasn’t watching what I was doing, I’m sorry I made that mistake” or “We continue to have problems with...” Such thoughtless comments could be held against the City if the incident were to end up in a lawsuit. Also, don’t promise that the City will pay for damages if you are asked about reimbursement, advise them to submit a claim for damages and refer them to Risk Management at 425-837-3002.

The report should be filled out by the person dealing with the injury and/or incident and should be complete and thorough. Report **EXACTLY** what you saw and get all the information needed on the report form. Report only the facts. Leave out any opinions or diagnosis about the injury/incident. All reports should be specific and in great detail, and be completed as soon after the accident/incident as possible.

ASAP notify CJ Stanford, 425-837-3388, about the accident/incident and give him the original copy of the report(s).

Severe injuries which include life threatening situations (heart attack, excessive bleeding, spinal injuries, stroke, unconsciousness, death) and head injuries require a completed accident/incident report, additional witness statements, and immediate phone calls to either:

CJ Stanford, Recreation Coordinator 425-837-3308

- or -

Issaquah Community Center 425-837-3300